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N. Munk M.D



*Theatrum Tabidorum:*

OR, THE  
NATURE and CURE  
OF  
CONSUMPTIONS,

WHETHER  
A PHTHISICK, an ATROPHY,  
or an HECTICK.

WITH  
Preliminary Exercitations,

BY  
CHRISTOPHER BENNET, M. D.  
and Fellow of the College of Physicians.

---

*Translated into English.*

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L O N D O N :

Printed for W. and J. INNYS, at the West-end  
of St. Paul's, and J. OSBORN, at the Oxford-  
Arms in Lombard-street. 1720.



CONSUMPTIONS



CHARLOTTE E. ELLIOTT, M.D.  
and Fellow of the College of Physicians


\_\_\_\_\_  
Treatise on the  
\_\_\_\_\_

Printed for W. and A. Harvey at the Well-  
of St. Paul's Church, Old Bailey, London.  
New in America, 1870.





T H E  
P R E F A C E.

 H E Author of this  
W O R K was greatly  
eminent in his Time  
for Practice ; and particular-  
ly in the Distemper here  
treated of, for which he seem-  
ed to be fitted in an uncom-  
mon Manner ; being himself  
naturally Consumptive, and  
with Difficulty supported un-  
der it for many Years toge-  
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## *The* P R E F A C E.

ther ; so that he had not only great Opportunities of being thoroughly acquainted with this Disease from a large Practice, but from a long Experience of what passed within himself.

Thus Instructed, all his Acquaintance, and the most eminent of the Faculty in particular, were desirous for his writing upon the Subject; and the following WORK seems to have been extorted from him by their Importunities. Many Learned Persons, and the *College* themselves, publickly congratulated him upon his Performance ;



## *The* P R E F A C E.

ance ; but such Recommendations being quite out of the Relish of the present Times, is the Reason why they are not translated now.

In an Epistle to the Reader prefixed to this WORK by Dr. *Luellen*, who it seems had the Revival and Publication of it, it appears that the Author was careless enough of his Stile, being more intent upon Things than Expressions ; and whoever has read the *Latin* Edition, which hath been long so scarce as to be known but to few, will find a strange Perplexity and Difficulty arising

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## *The* P R E F A C E.

rising from such Neglect, as well as from that peculiar Affectation of Expression as was familiar to the Time in which the Author wrote. This hath occasioned a very great Professor abroad, Dr. *Boerhaave* of *Leyden*, in some pleasant Intervals with his Pupils, to distinguish him by the Dealer in *Heteroclites*; but it is well known what Deference that Person paid to his Sense and Judgment, who hath often declared, that in a multitude of Opportunities for Trial, he was never once misled by his Prognosticks or Directions, and hath  
always



## *The* P R E F A C E.

always found things to answer wherefoever he could use him for a Guide.

This Obscurity therefore will be no Injury to a judicious Reader, especially since it is avoided as much as possible in the following Translation. The same Apology is likewise to be made on account of some Points in Anatomy, which have been greatly improved since *Dr. Bennet's* Time; but chiefly where he speaks of Digestion in the Stomach, and gives Rules for eating the more fluid Parts of our Food first, yet these in no respect mislead the

## *The* P R E F A C E.

Reader either as to the *Nature* or *Cure* of the Disease : So that whosoever reads with a Desire to be informed, will perceive the greatest Penetration imaginable, and be led through every Change and Gradation of this fatal Distemper, in a manner that seems to be felt rather than understood : But particularly as to the Translation of the morbid Matter, and its Appearances on different Parts and Circumstances, there is not any Author yet extant hath so lively and naturally described them.

There



## *The* P R E F A C E.

There needs no more to be said as to the Perusal of such a *WORK* as this, than that it requires Judgment and Attention, and is not to be run over like an ostentatious *Farrago* of Quotations, which is collected more to answer the mercenary Ends of Empiricism, than the worthy and generous Intentions of true Knowledge; and of which the World has lately had an Instance on this very Subject. In short, whosoever uses the Application necessary hereunto, will find his Labour very amply rewarded, and  
see

## *The* P R E F A C E.

see into the most obscure  
Recesses of a Distemper, that  
is more common to the *British*  
Climate and way of li-  
ving, than any other, and the  
feldomeſt cured.



THE





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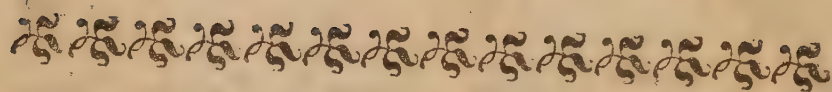


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*Vesti-*





# *Vestibulum Tabidorum:*

OR, AN

## INTRODUCTION

TO THE

NATURE and CURE

OF

## CONSUMPTIONS.

Preliminary Exercitations.

### EXERCITATION I.

*Concerning the Digestion of the Ali-  
ments, and their order of Reception:  
As also the Regulation of Diet.*



Lthough all Blood is dis-  
solved by the assistance of  
Heat, and diluted by a  
sharp Moisture, so that every part  
of it, while Nature goes on in her  
B course,

course, wants neither any rarefying Warmth, or liquifying Fluid; yet such Aliments as disagree in their essential Properties, or are of different Consistences, will not mix with a proper Ferment, nor will the minute Parts of either incorporate with one another. For the Aliment is not turned about in the Stomach, as in Mastication, in order that its Parts may be intimately incorporated; nor does the Substance of the Food itself allow it such a change, the Parts of which being endued with different Qualities, while in Separation, require a certain proportion of Warmth and Moisture, according to the diversities of which it is sooner or later fused and diluted. But if a due proportion of either is wanting, or if the time allotted for this Affair, be either defective, or exceeds, the Food will degenerate into some  
 Qua-



Quality not agreeable to Nature. In short, those things which are said concerning a Heat in the Stomach, and of its being unequally dispensed by reason of the vicinity of some Parts, are accounted frivolous and vain, amongst those who plead for a determinate Heat, and a peculiar Juice in every particular *Viscus* and Vessel of the Body. For Concoction is nothing else than Fermentation congruous and suitable to Nature, or a gentle and quiet Irrigation, Fusion, and Alteration of the Food, by means of a moderate Heat residing in the proper Juice and natural Moisture of the Stomach. When therefore the more solid Aliments get possession of the bottom of the Stomach, so that there is not allowed room for a timely passage of the more tender Parts, *i. e.* such as are most apt to fuse and distribute, those

Aliments that otherwise were natural, are not only destroyed in their proper Qualities, but are tumultuously agitated, and put on such new Properties as cannot be reduced by Nature. A medical Diet therefore (whatsoever the ignorant Chymists may pretend) is not circumscribed in very narrow Limits; and although it may not seem so well accommodated for deterging or opening the Capillary Vessels, or throwing off the Recrements of the Juices, it notwithstanding secures Health, and with the assistance of the natural Powers, rightly proportions the Evacuations; it contempers differing Qualities, suppresses any Orgasm, and gives Perfection to the Blood: The three first Operations, which are most familiar, consist in a due choice of Meats and Drinks, but the last in a due proportion of them,



them, and their accommodation to the exigencies of the Patient, from whose supply the Chyle is to be drawn and qualify'd ; which if it be tainted, it fills the Blood with Corruption ; if tart and brackish, it brings on a Consumption ; if too moist, it lubricates and softens too much ; if too cold, it causes Obstructions by Inspissation ; if it be too spirituous, it occasions Turgescencies ; if too hot, it fuses the Juices, and by accelerating the motion of the Blood hinders Long-Life. These Changes grow upon the Constitution both sensibly and insensibly ; and become incorrigible, without a continual series of Medicines and alteration of Diet. As by these we are injured, so we are commodiously relieved from their sad Effects, by Food of a good Digestion ; to which may be joyned Abstinence, if skil-

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fully

fully practised, which in weakly Persons most advantageously supplies the place of Exercise. But to adjust these Matters is not every one's Talent, and in the doing of which Nature must be exactly observed ; and it is seriously to be weighed, whether a depredatory Fluid wears away the Constitution by destroying the *Stamina*, or a boiling Heat fuses the Humours, or too remiss a one too sparingly supplies the more distant part of the Body with Moisture.

*Explanatory Histories and Experiments.*

Food of an easy Digestion gives the most friendly Nourishment to tender and infirm Persons, but in rustick laborious People it turns to a very hot Bile ; tho' if to the latter



ter be given Cheefe or Beef, or any other Food of a more solid consistence, they will be able to draw from it a most suitable Nourishment. Whosoever feeds on Tarts, Roots, Asparagus, Confections, Sweet-meats, or any soft and tender Substance at the beginning of a Meal, then eats Chicken, or more tender Food, and lastly Venison or Beef, those things which first went into the Stomach, will timely and safely be secerned into the Bowels : But if they are taken in a contrary Method, they commonly occasion a Nauseousness, a Stretching Pain in the Head, Bitterness, Belchings, and other Symptoms of Indigestion.

The Day before a periodical Defluxion, when the peccant Humour is passing through the Breast and the *Viscera*, I have seen the Stomach and its natural Fluid so

charged and overflowed with an unnatural *Serum*, that the Affair of Digestion has seemed to be at a stand for 24 Hours, more or less, and which the relish of Food long before eaten, being belched up, very much confirmed.

It is not at all doubted, that the Instruments carrying on Digestion are situated in the Stomach ; nor is such Digestion carried on in any one where the natural Fermentation is disturbed, without its being attended with a Nauseousness and Vomiting.

It would be vast labour to recite all the Advantages and Uses of a dietetick Course, by the assistance of which I have seen, more than once, the whole Mass of Blood sweetned from a brackish Constitution, and its Crasis quite recovered ; and (to speak particularly concerning Distempers in the *Thorax*,)



*rax,*) I have known a Cough of sixty Years standing, and arising from Suffusion and Distillation, cur'd only by leaving off Suppers.

A Decoction of Liquorice, with Anniseed, and such other Seeds as are appropriated to the Breast, made in a suitable Water, and drank every Morning, will do great service in a bilious Consumption; and yet I have known the same given at Night do harm, by occasioning a Bitterness and Effervescency. So great is the difference between a concentrated and diffused Heat in the same Individual.

Very many are uneasy after a great Meal, so long as the Stomach regurgitates back great quantities of Water into the Mouth; and some others have a great Nauseousness until they have puked up some part of what they had eat: Both which Instances prove, that  
what

what was taken in was not in proportion to the Heat and Dissolvent in the Stomach.



## EXERCITATION II.

*Of an Acid Spittle, or the redundancy of Acid at the Stomach.*

**A**Lthough an Acidity in the Spittle does not immediately affect the Breath, yet it is very often a fore-runner of those Disorders in the Blood by which the Lungs are at last damaged; the Cause of which, in sound Constitutions, is from too spirituous Liquors, where Acids lie hid, and also from Intemperance. For when the Meats and Drinks are not proportionate to the *Menstruum* or sharp Dissolvent of the Stomach and its colliquating Warmth, they will



will not be rightly diluted, nor duly digested ; whence they will frequently grow sower, and an unequal and intense Heat occasions a Bitterness, but one too remiss produces Acidity. An acid Spit-  
tle is therefore the superfluous Water of the Stomach that flows up into the Mouth, or an expelled Portion of a preternatural Ferment, when the Business of Dilution and Digestion from a proportionate Heat, is irregularly carried on. This Symptom seldom happens but to those who fail in a due Warmth at the Stomach, for some time at least, and where the Ferment with which the Food should be moistned, is wasted.

*Explanatory Histories and Experiments.*

The Effects of a redundant Acidity to one who at a plentiful Meal  
had

had indulged himself in hard drinking of Wine and spirituous Liquors, will appear by the Spittle and Belchings.

All who labour under this Symptom, if it comes not from the above-mentioned Cause, are such as either sink under the Burthen of excessive old Age, or are nearly worn out by the continuance of some obstinate Disease. In both which Cases the weak Heat of the Stomach is easily destroyed, and its accompanying Moisture rendered defective or degenerate.



### EXERCITATION III.

#### *Of the Colour of the Blood.*

**T**HE Examination of that part of the Blood which is of a red Colour, hath hitherto engaged the most skilful Anatomists and



and Philosophers to no purpose. Nor is it a wonder, because they have sought for the Cause where it is not to be found ; for it is not in the Body *formed*, but in the *Semen*, or Body *forming*, that the Origin and Tincture lies hid ; the Blood being only a Dilatation of the Seed by Transplantation, as the Seed is a Concentration of the Blood, or a Blood otherwise modify'd, wherein its whole Substance potentially resides. Nor will any one object against this, who places the Origin of the *Semen* and Venery in the Brain ; when the Blood, and that the arterial, not only washes and nourishes the Brain, but radically constitutes it ; so that what was red in the Arteries, becomes of an Ash-colour in the Brain ; white in the Nerves and Spinal Marrow ; pellucid like an Oil in the *Parastatæ*, and of a Marble

ble hue in the Testicles : So that from the various Dispensation and Administration of Heat in different parts of the Body, and the different ways of Mixture, the Colours and Tinctures of the Fluids and Solids of the whole Body are produced and determined : So that while the Blood is in Circulation, as to its Figure and Consistence, it is a mere *Proteus*, and, with respect to its various Suffusions and Impressions, of divers Colours. But when it hath again recovered its more open Scene of appearance in proper Vessels, where it is cherished by its native Warmth and Texture, it resumes the same state of Existence, from which all its other Qualities result. And its red Tincture is diversify'd by a most subtle Matter, and a Heat appropriated to particular Vessels, of either of which if it be deprived, it degenerates.



rates. Nor is it any more to be wondred at, that white Seed should be elaborated into red Blood by a Change of Heat, and the Modifications of Matter and Instruments, when that an Acorn, or rather that black Speck of it that is at its point, and in which the *Seminium* or Spirit of the whole Tree lies wrapped up, should by the same Assistances bring forth an Oak with green Leaves and a grey Bark.

*Explanatory Histories and Experiments.*

Let a portion of the thick and blackish Blood be taken out of a Porringer, after it hath settled, and with a Finger moderately warm let it be rubbed about in another smooth Vessel of Glass or Pewter, and, in the motion, that part of the Blood which is nearest the Finger will appear of a most clear Red.

Add

Add any moderate external Heat to a portion of deep and most florid Blood, at first it will fade, then grow yellow ; and at last, if the Heat be encreased, from a doubtful yellow, it will turn quite white. The Seeds of Gillyflowers, brought up and growing in a cold Soil, if they be removed into one filled with Sand, Horse-dung, Chalk, or any other kind of hot Mixture, will, from their new Nourishment and Heat, obtain more variegated and more elegant Colours, as it is well known to Gardeners.

Whosoever thoroughly considers a *Gonorrhœa*, will easily acknowledge that the Causes of different Colours and Consistences, are from divers Degrees and Modifications of Heat in a distempered Seed.

Here I think it more convenient to pass by many Experiments amongst Chymists and Dyers, than  
recite



recite them ; my Intention being more to examine and lay open the more secret Operations of Nature than of Art.



#### EXERCITATION IV.

*The Necessity of a total Circulation both in sound and distemper'd Bodies, and its particular Degeneracy in a tabid Constitution.*

**S**OME Portion of a natural Heat, generally kindling and rarefying the Blood, as also permeable Vessels, are not only necessary to bedew the external Parts with a uniform and familiar Moisture, and promote the Preservation of the Individual, but also to drive superfluous and peccant Gluts to the more distant Parts, and promote their Expulsion : For if the

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Vessels of any part are obstructed, or do not perform their respective Offices, both the Laws of Circulation, and the Translation of Humours will be lost ; so that there cannot be the Benefit of a *Metastosis* procured in any Exigence ; by which means the Parts most abounding with Heat, which are the most noble, will be soonest worn out. To promote both these important Requisites, every one of the Faculty ought to labour ; and it is a noble Ability to add, by the help of Medicine, but some days of respite to a natural Life ; and this is the sole Care of a Physician.

*Explanatory Histories and Experiments.*

A Gentleman of 27 Years of Age had a Schrophulous Tumour  
in



in his Groin, which at the same time also spread up and down his Neck, Shoulders, Breast, Sides and Feet ; upon which also arose the Dropsy, call'd *Ascites*, that filled his Belly, right Leg and left down to the Ancles, with great quantities of a pellucid Water ; the left *Tibia* had also lost its natural Moisture, for the strumous Hardness went deepest into the left side of his Groin, and by its pressure straitened the crural Artery, (through which the *Serum* however endeavoured to get into the depending Part) that it regurgitated its nitrous Humidities into the Breast, so as to threaten a grievous *Asthma*. Upon breaking of the Tumour, with a great discharge of *Ichor*, free vent was given to the Water downwards ; the Breast was immediately relieved, and the *Asthma* disappeared : The remainder of the

Water was carried off by a Course of proper Medicines. A Case not much unlike this, I once met with in a Woman who had a vast *Bubo* in her Groin, and which, throwing her into a fatal *Phthisick* and *Dropfy*, at last carried her off.

They are subject to the worst *Defluxions* who have had amputated Members, or by *Obstructions* in the smaller Vessels, have their extreme Parts rendered impassable.

The extreme Parts first fall into a *Coldness* and *Wasting*, in all who go into a lingering *Consumption*.

A *Tubercle* of the bigness of a *Wallnut* happening to rise about the middle of a Child's Leg, that laboured under great *Indispositions* of the Lungs, and a short *Breath*, relieved the *Breath*, and restored the Child for three Months; but at that time the Symptoms returned



ed, and the Child expired of an *Asthma* and Looseness.

No Physician will wonder that the Menstrual Blood should regurgitate into the Breast, and be thrown up by the Mouth, who can discern plainly how the same should waste through the Uterine Vessels, from the Symptoms with which the *Uterus* was affected whilst it flowed through them. When Nature has been accustomed to this Regurgitation, it is dispensed with the more easily. I have known those who have had strong Organs of Respiration, to throw off the whole surplussage this way, and to have found great Relief by it.

In most who have the Passage of the Blood, or its due Circulation through the Liver prevented, there is a diminution of its Motion for the most part on the right side of the Body, and the Lungs will

be from thence subject to more grievous Defluxions of corrupted Humours.



## EXERCITATION V.

### *Of Bleeding at the Nose.*

**A** Moderate periodical Flux of Blood from the Nose, hath been known to keep off the Approach of a Consumption. And this I look upon to be a Diverſion and Security appointed by Nature, and by far more efficacious than repeated Phlebotomy, becauſe the thin and hot part of the Blood is ſtrained through theſe little Paſſages, and fibrous Extremities of the Arteries, which being aſſiſted by a volatile Salt, or a ſtimulating Acrimony, is rendred more diſpoſed to break through the Veſſels.

Nor

Nor hath therefore *Hippocrates* taught us without Reason, that the itching of the Nose denotes some Disease at Hand, or a critical Hæmorrhage. For the Benefit therefore of Physicians, and the Good of Patients, be it added to the Stock of antecedent Signs, That *the itching of the Nostrils, is from a sharp and thin Blood running through their Vessels, which if it be stopped, occasions a Disease.*

*Explanatory Histories and Experiments.*

A young Man of 25 Years of Age, who had received a consumptive Taint from his Parents, arrived thereto from the sixteenth Year in perfect Health, by the Benefit of an Hæmorrhage; for once or twice a Day he bled one or two Ounces at the Nose, towards the



end of the Spring and all Summer long. But in the fore-mentioned Year this constant Evacuation ceased by a Stoppage of the Blood from cooling the Head ; this brought a Pain in the Head for two Days, which abating, there was a manifest Infarction of the Lungs, which continued through that Summer, and the Autumn and Winter following, with spitting of Blood and other Signs of a *Phthisis*, and which Phlebotomy in some measure relieved in the Spring. At last, the next Spring passing over, after a Day's sharp Head-ach, the Hæmorrhage at the Nose again returned more plentifully than before, by which the Breast was relieved ; and which afterwards continued without any waste of Strength or Health.

In all Effusions of Blood thro' the upper Parts, that which first comes

comes out is most brackish, and the last is sweetest ; which every one perceives who coughs up Blood.

It is common to observe, that many who have been accustomed to bleed plentifully at the Nose, and afterwards having that sharp Blood pent up within, insensibly fall into a total Wasting, and in that Case Phlebotomy timely administered, and often repeated, is of mighty Advantage.

A Person whose Breast was overflowed with a Serous Defluxion for two Years together, with the usual Train of Symptoms, had a Quinsy so obstinate upon his Throat and Muscles of the Wind-pipe, that the Passage both for Food and Air seemed to be quite closed. Upon opening a Vein in both Arms, and Wrists, Scarification of the Neck and Shoulders, Clysters, and Gargarisms,

garisms with a Syringe, there was no Benefit received ; but from an Incision of the sublingual Veins, Respiration was somewhat relieved, from whence appeared some hopes of Recovery ; and at last, by a most plentiful Hæmorrhage at the Nose, the Burthen was quite removed from the Breast, and the Quinsy lost all its bad Symptoms.

In every stoppage of the Head the Arteries first ouze out their sharpest Contents, from whence the Membranes are most vellicated, and Sneezing often excited, but in the Progress of the Disease that will be so far drawn off, as to be hardly perceivable.



## EXERCITATION VI.

*Of the Blood's Congestion, and the Motion of the separated Serum.*

**T**HE Blood in its natural state duly passes its appointed Vessels, and washing through the whole Habit, finishes its destined Circuit ; but when it is degenerated from its due Consistence and Perfection, its constituent Particles separate, it becomes variously determined, and by Accident seems to obtain a preternatural Motion, and one peculiar to such a State. That which gets a Consistence more compact than natural, either subsides or runs into Grume, whence its Motion is retarded, or it quite stagnates ; but that which is of a more fluid Texture,

ture, does very often not run thro' the whole Circuit, but beating against the stagnant part regurgitates; whence a uniform Distribution is interrupted; and that which subsides, most commonly so fills up the Vessels of the Part where it lodges, that the nutritious Juice is denied Passage beyond the Stoppage, and on the hither side it is destroyed by a refluent *Serum*; so that the whole Body is at last defrauded of its native Dew or Moisture. This kind of Irrigation, altho' it is by no means brackish, yet as it is too much in Quantity, it loosens the Firmness of the Parts, widens their Pores, gives a laxity to the Vessels, and imitates an Over-Nourishment; hence is occasioned the enlargement of the *Viscera*, and the weight is encreased with a Compression upon the neighbouring Parts, and a Decay in their  
natural

natural Conformation. Lastly, from a redundance of *Serum* internally, the Blood is rendered less elaborated or more impure, and the Intestines being overflowed therewith, deposite their Excrements very thin.

*Explanatory Histories and Experiments.*

A Knight, Son to a Nobleman, in his thirtieth Year complained of a heavy Pain on the left side of his Head, which took its rise from the Influence of a cold Wind ; hence the cutaneous Pores of the neighbouring Parts were so closely shut, that the Fluids inclosed in those Vessels were tumultuously agitated, and thrown into an irregular Circulation, as it appeared by the unequal Vibrations of the temporal Arteries : And the Business at length



length came to this, that an Apoplexy was threatned ; but there hapned a Translation of the Humour upon the Shoulders, where the most viscid Part lodged, and intercepted the Nourishment of the whole adjoining Arm, like a *Paraplegia*, for the Feeling continued, but without Strength or Motion. The thinner part growing hot by its Efforts against the stagnant, was exalted, and washed through the weakned Member a great many Circuits, until it had there received such a Taint by its frequent Inflammation as in a Furnace, that the whole Mass of Blood grew sated with its Brackishness and Acidity, and a total *Atrophy* was formed. Hence ensued periodical Pains of the Head, with a Tension of the Arteries ; the Countenance was inflamed, the Appetite was sometimes good, and

at others lost, the Belly by turns swelled, and of its own accord again subsided, a *Diarrhœa* very often seized him, with an ulcerous Pain in the Fundament, which varied with the Changes of the Moon; to these were at last added Sneezing and Yauning, and frequent Stretchings, a Pain in the Nape of the Neck, especially towards Night, and in cloudy Weather, a great Weakness of the Back and Limbs, like a total Dislocation; an insatiable periodical Thirst, although sometimes for two Days together that would entirely go off; a sore Pain of the whole Body, which seemed chiefly to be upon the *Panniculus Carnosus*. All these Symptoms attended this most worthy Person for three Years together, in which space he used many Remedies in vain; but persisting in the same Method two Springs more, and the

Autumn

Autumn between them, this *Serum* was wholly excluded, the Blood was sweetned and recovered, and excepting the *Atrophy* of the Arm, he was wholly recovered.

Many, who from a distempered Blood, are either troubled with a Palpitation of the Heart, or a trembling Motion of the whole Body, grow lean, and their Limbs rigid, from a defect of Moisture in the extreme Parts ; for in such Com-motions the business of Nourishment is not performed, for want of a due Vehicle, which is diverted and spent on other Occasions.

Not only the *Viscera* are overloaded with the Profusion of a degenerate Fluid in those who have the *Rickets*, but the *Epiphyses* of their Bones turn into a spongy Substance (which Enlargement of Pores and Distention of Parts, bearing the Appearance of a sort of  
Nou-



Nourishment, happens not to Persons advanced in Years, by reason of the obstinate Compression of the Parts, unless from some extraordinary and preternatural Cause ; ) and it from hence appears, that the nutritious Juice is not carry'd to those Parts, because there's a supply of such Moisture that is not adhesive, and does not give Strength, the true sign of Nourishment ; but occasions relaxed Limbs, a Softness of the whole Habit, and a Flaccidity of the Membranes.

A Person of full Age, who abounded with saline Serosities, never had any consistent Stools, unless a Day or two after some Disorder, which oppressed the upper Parts with an overplus of Blood : For by a Fluctuation for two Months or thereabouts, the Blood had either imbibed its nitrous Aquosities, or discharg'd them by Sweat, so

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that

that for some time, it regain'd its due Perfection, and to the Standard of which the *Fæces* were again suited. And this I have observed in very many Persons, that where the Blood overflow'd with a Saline watery *Serum*, the Belly was always loose, unless some Revulsion to the upper Parts prevented it: Nor is a *Diarrhœa* in such a Circumstance to be cured by the utmost Skill, where the *Serum* abounds in the Blood.

Nor is it unworthy Remark, that very many never deposite consistent Stools, unless after a plentiful Spitting, or profuse Sweats.

## EXERCITATION VII.

*Of the Fore-runners of the Blood's Alienation, and some Precautions about it.*

**T**HE Blood is corrupted from inordinate Motion and Incalescence, as the Aliment is from an erroneous Fermentation ; but both of these may be prevented by a due Administration of the Non-Naturals ; for the Degeneration of the Aliments, for the most part, precedes the Blood's Alienation, and which therefore by the faithful Care and Precaution of a Physician, may be timely prevented, before it is formed into a Distemper. But Physicians are frequently so much in the dark, that they watch over the origin of these Evils to no purpose ; and if it can be discover'd at last by a comparison



of Symptoms, the Cause and Nature of the Disease, its Changes and Times of Maturity, its Rise, Height, and Declension, if the Patient escapes Death, are thence to be deduced. Lest therefore the Constitution should again be brought into Danger by the Agency of such growing Disorders, it requires a seasonable Application ; for that of the Poet is to the purpose.

*Principiis obsta ; sero Medicina paratur ;  
Cum Mala per longas invaluerint moras.*

*Explanatory Histories and Experiments.*

The Steams of the Earth and Waters, or (if you please) the Air, very manifestly alter the Blood's Constitution, as appears from the common Observation, that Diseases and their peculiar Effervescen-  
cies,

cies, receive their Discriminations from the Nature of the Place where they arise. And what is of most Importance to consumptive Persons, is, that the Influences upon the Organs of Respiration, whether they be by Suffusion, Instillation, or Inspiration, are more or less hurtful according to the changes of the Air and Winds.

In a Chlorosis, when the expansive Motion of the Blood, and its due Efflux through proper Outlets are denied, there is great reason to expect some Degeneracy.

When the expansive Motion of the Blood is too much encreased by immoderate Exercises, raising too great a Heat of any kind, if its Effluvia are suddenly repressed, the Blood will then degenerate into an unnatural State.

If the transpirable Matter of the Body is changed in its Smell, especially

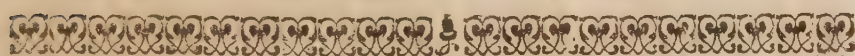
cially at the time of Sweating, and there is a decay of Ruddiness in the Complexion, if the Habit changes, and the Strength decays, these are Indications of this Degeneracy of Blood already made, and tending into protracted Distempers, and especially the *Phthisick*.

Lastly, A degeneracy of the Aliments is known by various Perfusions and Foulnesses upon the Membranes of the Tongue and Palate, Scil. a taste bitter, rusty, acid, as of chew'd Food, sweet and unctuous, or clammy ; to which may be added a frequent Belching.

A sudden and numerous Production of Lice, is not unjustly enumerated amongst the Signs of an alienated Blood, and approaching Diseases, because it denotes the Blood, which is the Cherisher of Warmth and Life, to fail in its Offices at the Extremities, and to be called



called inwardly, as to an Engagement with an Enemy ; and that the irregular Heat, which is the Parent of these Animals, is so disproportionate, that the native and familiar Irrigation and Nourishment, is, for that time at least, suspended.



## EXERCITATION VIII.

### *Of the Nature of Fermentations.*

**A** Very considerable Fermentation either accompanies or foregoes every Alienation of Blood that is gradually brought about ; and it is not of the least Consequence with relation to a Cure, to know the true Nature thereof ; and altho' its very Existence consists in an undue Heat, yet it variously taints the Fluids,

and proportions its Mischiefs to the Nature of that Matter from whence it derived its Origin. But wheresoever there is the most Room for this tormenting Matter in the Vessels, that which is capable of Reduction and Digestion, will be easily depurated, and what is destined only for Seclusion, will be easily reduced to the Laws of Nature, and thrust forward ; but wheresoever it rests, from any kind of Preclusion in the accustomed Passages, it regurgitates, and tumultuously rages within its Confinements ; whence the inclosed Vital Spirit, *i. e.* the Blood, by this accidental Inflammation, is oftentimes suffocated and extinguished. Fermentation is therefore a morbid and an irregular Agitation of the Blood with Hurry and Inflammation, proceeding from a lurking *Seminum* or Ferment, that

that is degenerated from its own Nature; and which moves, separates, and affects the Body according to the Modification of its Existence, Quantity, and Seceſſion of its conſtituent Parts. And altho' the Ferment of the Blood may ſeem to be the thickeſt of its Composition, from whence it derives a Supply neceſſary to its Exiſtence, it yet produces its Effects by an oppoſite Property, and exerts and excites its more diluted, and, principally, Serous Parts, to make any Impreſſions upon the Blood, which it endeavours to ſubdue to its own Nature, firſt by unheeded and gradual Efforts, but afterwards by open Inſults; and which is extremely difficult to get out again, when it hath once deeply rooted itſelf therein. The prevention of this Inconveniency is to be collected from a due and artful Obſervation  
and



and Administration of the *Non-Naturals* ; but the Method of Regulation and Cure I have particularly prescribed in the therapeutick Part, with respect to the Cases therein related.

*Explanatory Histories and Experiments.*

The Nature of Fermentation will grow every day more and more familiar to a Person that is but indifferently acquainted with Physical Practice, from its various Effects, *viz.* from the Colliquation, Vermination, and Putrification of the Juices, with various other ways of its Operation. For the wandring Particles of an acid Ferment, endeavour to give to others the like Properties, tartareous and acrid, corrode, vellicate, and periodically twitch the Membranes ;

branes ; crude and watry benumb ; bilious and sulphurous cause Heat ; stimulating and earthy give Melancholy and Distraction ; putrid create Weariness ; and poisonous, or such as are totally degenerated, quite destroy Life.

Different Properties also of Fermentation discover themselves to the Senses in different Eruptions upon the Surface ; as in the Small-pox, Measles, Tetter, Scabs, Leprosy, and in that Distemper that fills People with Vermin ; as also in the diversity of Ulcers or Abscesses, and in Tumours, particularly those which are scrophulous ; an Erysipelas, Gangrene, Herpes, Buboës, and the like.

And that the Substance of this Ferment, is from an inspissated Matter, seems to be evidenced by those who are tainted with a *Lues* ; the most glutinous and compact  
part

part of which often settles upon the great Artery under the bottom of the *Spina* and *Os Sacrum*, where it commonly is attended with a glowing Pain, from whence proceed subtile Emanations, that severely affect the Membranes of the Head, the *Periostium*, and all the Nerves and Tendons: And altho' this subtile *Serum* be expelled by Stool, Urine, Spittle, or Sweat; or sweetned and dried up, yet if the viscid and tenacious Part, which is impacted into the Arteries and Veins, is not altogether wore away, it is but rolling of *Sisyphus's* Stone, and the Symptoms will return. Such is the Property of this poisonous Ferment, and its lurking Malignity, that it not only insinuates through the whole Mass of Blood by unheeded Advances, but it endeavours to reduce it to its own Nature, and perpetuate its own



own Preservation, by precipitating a great part of it; and other Parts it renders too volatile by Attenuation, in order to exert itself against Nature with the more Vigour; infomuch that a Person who has duly examined the Activity of these Agents, would be inclined to believe somewhat of Sensibility in them. A Nurse once gave to an ingenious Gentleman labouring under this Disease, at his most earnest Importunity, a Draught of strong Beer mixed with Wine, when the Distemper had almost been conquered by proper Medicines; but the Event soon discovered her Error: For I have observed the very *Seminium* of the Disease lurking in the Artery, and which had not been felt by its throbbing Pain for many Days before, almost quite subdued, vanquished, and destroyed thro'

want

want of Recruits, being a-fresh roused, and revived by a new *Pabulum*, to insult, as it were, for some Hours together, and exercising its wonted Vigour, to afflict the Patient in a most grievous manner.

In malignant Fevers this poisonous Ferment first of all steals on by Degrees, whence proceeds only an unheeded Listlessness, but when it hath farther tainted the Blood, it sallies forth, and makes its way with Impetuosity : And that its *Seminium* is in a Matter of a Cras Consistence, appears from hence, that it does not so much as give way, and much less can it be extirpated by Sudorificks repeated with the utmost Skill, or returning of their own accord, or by any other Remedies whatsoever.

In a periodical Defluxion (for the understanding of which it was thought proper to say thus much

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briefly

briefly concerning the Properties of Fermentation ) although its thinner part, which is the most obnoxious to Nature, is evacuated or reduced, yet the more tenacious and adhesive remaining in the Blood, will supply Matter, and give occasion for a Relapse. From this Incitement of the Blood, which, for the most part is the Efficient of Secretion, and from the Expression of *Serum* from the Lungs, moderately bedewing them, a frequent Spitting will sometimes be raised; but if a Person is overflow'd with a great Profusion of such Serosities, which induce a general Laxity, a more protracted Ptyalism will succeed. From the Collection of more dense Fluids the *Bronchia* will be stuffed, from a thinner Matter insinuating inwardly they will be distended, or their Lobes being in some  
 wise



wise inflected will rise upwards ;  
and lastly, from a settled and most  
gross (not to say malignant) Insuf-  
flation, will arise a very dangerous  
*Asthma*.



### EXERCITATION IX.

*Of the Vessels conveying corrupted  
Humours, and their Excretion.*

**T**HE Fluids naturally consti-  
tuted, as also those which  
are degenerate and redundant, are  
not convey'd by different Means,  
but circulate in the same Vessels,  
and those which neither wash the  
larger *Viscera*, nor fill them by  
their Affluence, are forwarded a-  
way by Stool, by the urinary Pas-  
sages, or by Sweat. This Seque-  
stration of Humours, especially in  
the Vessels, Nature very often at-  
tempts

tempts, but with difficulty ; tho<sup>3</sup> not without certainty of future Benefit, if in the Success a peccant Matter is secluded. Nor are Serosities only conveyed by the Veins and Arteries, wherein they flow and return, and whose most subtile Parts, that is to say, those which are vinous, nitrous and acrid, are observed to vellicate the Nerves and Tendons ; but also the Exhalations from the solid Parts flow along with the Blood ; and those Passages, even through the Heart, sometimes happen without any material Injury to the Constitution : Yet, in my Opinion, the universal Taint of such Exhalations, will sooner bring on that Debility in the Course of an obstinate *Phthisis*, than if the Blood had failed in its Consistence.

*Explanatory Histories and Experiments.*

I know a worthy Family, to whom a Periodical Defluxion is Hereditary, that returns about once a Month, and the Access of which is known by Melancholy, and a Coldness of the extreme Parts; which Symptoms are followed by a Pain of the Head, throbbing and heavy, and that persists even to overcoming the Patient with Faintness. In this Period the corrupted parts of the Blood are separated out of the smaller Vessels into the greater, whence they are excreted by Stools of a scent resembling that of burnt Meat; after this is over the Strength returns, and the Spirits are serene and chearful, until the Paroxysm is renewed.

I have



I have known many Persons of a bilious Constitution, who have for two Years more or less, been troubled with cholerick Stools, or a bilious *Diarrhœa*; and in all which, for some Days before the appearance of the Flux, not only the Veins, but the musculous Parts of the whole Body were tumified; but by a sudden Concentration, and Exclusion of the redundant Humours, the Habit would be reduced, and the Persons would remain well till a return of the Disease. I have also observed many whose most attenuated Fluids could not penetrate the Nerves, unless they had obtained a nitrous Quality, or a finer Texture from Wine-drinking, and a high-seasoned Diet, which, according to the Opinion of our great Dictator, would have pierced into these exhausted Tubes with much more Ease, upon the

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Indul-

Indulgence of a more frequent use of Venery.

More than once likewise have I taken Notice of the return of Strength to phthifical Persons, after they have cast up a great deal of Filth by Expectoration ; and of which a Recollection would throw them into their former Languors. Lastly, viscous and condensed Humours retained, give a continual Weight to the Breast ; but the nidorous Exhalations of foetid Substances remove a periodical Faintness.

I have seen a most filthy Deformity of the Skin which had eluded all the Arts of Medicine, removed and carried off by the Organs of Respiration in the space of a Month, and so cured ; for all the nasty taint of the Blood was by that means expelled thence.

## EXERCITATION X.

*Of the Preternatural Motion of the Blood, or its Fluxion chiefly upon the Lungs.*

**T**HE Matter of every Fluxion circulates in the Blood, and while it flows with it uniformly, produces no Disturbance; but when the alienated Juice, which flows in its Current, runs together, it is tumultuously agitated, it frets and stimulates, and collects upon any Part most disposed to receive it; and in endeavouring a *Crisis* when it attempts to make its Lodgment on any Part, it gives to it a Preternatural Moisture, and if any of it acquires such a Consistence that it cannot get through, it fills the Part, distends its Membranes, and very often produces an Imposthumation. And towards this Affair



the whole Mass of Blood seems to conspire ; the thinner part of its redundant Quantity endeavours its escape through the Coats of the Vessels and Membranes of the *Viscera* by Exsudation ; and with Advantage, if it washes through some less significant Part ; and with good Success also, if it falls upon a noble Part, if so be its Tone is good and able to throw off the Burthen again. But some Parts are overstretched by this reflux Humour, if they are much pained with it, and if at the same time they are deprived of their natural Humidity ; as in Phthifical Patients, from a foregoing Translation, Perfusion, or Resumption. If their Strength decays from the Lodgment of some cold Humours, or the native Juice of the Parts is colliquated, the Blood, with its redundancies, more readily breaks in upon them  
thus

thus already weakened, not only when its Constitution is distempered in Parts near the Heart, like a Sedition in the Capital, but when in the Extremities there are also Obstructions or Relaxations; inso-much that the flowing Current having a weaker Body and Force, is not able to distend the capillary Pipes, which are allotted for its Flux, and continue them sufficiently pervious.

*Explanatory Histories and Experiments.*

A Person of a ripe Age, temperate manner of living, moderately bulky, and given to Exercise, had the Arteries and Nerves of his right Leg so straitened and weakned by frequent Leaping, that the Blood flowed through the Crural Artery, but in a small Quantity;

whereupon the depending Parts were less heated, especially three or four Hours after a more plentiful Meal than ordinary; a dull Pain also upon sitting rendered the Limb stiff, which Pain accompanied with a Stupor, first had its rise in a wet Season. If at any time his Head was heated in travelling by the Sun, or by drinking Wine, or any other spiritous Liquors, the Pain and Load upon the Vessels of his Leg would wear off, and his Head be grievously tormented; which also I have observed to happen more than once on a Costiveness of Bowels. The Symptoms of this Flux were indeed grievous, for it was attended with Faintings, and hot and cold Sweats by turns. But after this struggle had wearied his Spirits, sometimes concentrated, at others expanded, for five Hours, or thereabouts, it would abate, until



til it revived again from a new supply of peccant Matter. After the Revolution of some Months (for in the space of one Month the Symptoms of this Fluxion returned) the Organs of Respiration grew burthened, a troublesome Cough was excited, the Devarications of the pulmonary Artery spewed out Blood for the space of two Months, at last purulent Matter, in which time the Pain of the Head and Leg vanished ; but following our usual Method, he was restored to his Health.

A certain phthifical Patient, of the worser sort, was seized with a violent Pain of the Teeth for two Days, and in that space of time all the Symptoms, and every Mark of a Consumption, except the Leanness, were altogether vanished.

It has been commonly observed that many Persons have been freed from a difficulty of Breathing, arising from Defluxions upon the Lungs, by a Promotion of the salival Evacuation.

I have known some asthmatick Persons, especiaally those who have been aged, enjoy a freedom of Breath upon Disorders of the Stomach and Bowels, and *vice versa*.

In some Persons labouring with a simple *Gonorrhœa*, when a violent Cough and an Infarction of the Lungs has supervened, as the translated Matter hath obtained a Consistence fit for Expectoration, and the Cough somewhat abated, the Running hath stopped. The like also happens to Women having the *Whites*.

Twice I have met with the Poison of a *Lues* emptied into the Cavity of the *Thorax*, the whole  
Train

Train of Symptoms that time disappearing with which that Distemper used to abound ; but the *Phthisick* encreasing most grievously with a Shortness of Breath, a most filthy Stench from the Lungs, and almost a total Devastation by Putrefaction, which appeared upon opening both the Bodies.

A most noble drunken *Cambro-Britain* being seized with the Gout, on the first or second day from its Accession grew well, and the Fluxion went back upon the Application of some Quantity of Sea Mud, reduced by means of Sea Water into the form of a Poultice: Which being practised for four Years together (for it yearly returned in the Autumn) it asswaged the Pain, and restrained the Defluxion of saline Humours. But returning on the fifth Year, and repeating the Poultice, the *Gout* was exchanged  
for



for a total *Tremor*, and an insuperable *Asthma*.



# EXERCITATION XI.

*Of the preceding Signs of a Fluxion.*

**T**HE most considerable Fluxions are not altogether without their preceding Symptoms, which a watchful Physician will have due regard to, and attend, so as to divert them in time; especially such as by their Appearance are most threatening; and particularly as to the peccant Humour, its Crasis and Texture is to be examined, and the time of its Excretion; in which procedure depends the whole Energy of the Disease, which perhaps shall fix an indelible Mark upon an infirm Part, unless its Approaches are detected

at

at a distance, and the Patient is fortified against its Depredations.

*Explanatory Histories and Experiments.*

A Fluxion happening in the first Quarter of the Moon, and threatening the Constitution hard, was preceded by a Restlessness three Nights before its Access; and the next day there arose a *Diarrhœa*, which lasted three or four Hours; from which time to the very Hour of its Attack, the Bowels were entirely astringed.

Persons under the foregoing Circumstance when they wake from sleep the Day before the Access of a Fluxion, have rheumy Eyes, all the Muscles distended, a burning of their Issues, if they have any, with livid Lips, an encrease of Urine, a stoppage of the Morning Sweats

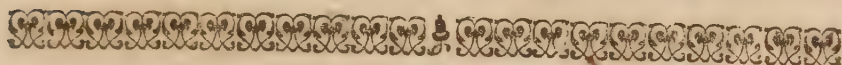
Sweats, especially those about the Feet, are fore-runners of the Enemy's Approach. And at length an Expansion of the Blood, and its Retraction, with a correspondent Vicissitude of Sweats, discover its actual Seizure.

The Signs of Degeneracy or Corruption in the Humours about the Full-moon, are clammy Sweats, a Lividity or Blackness about the Issues, where there are any, a more copious expression of *Serum*, Melancholy, a Stiffness and Weight all over the Body, and a Cold upon the extream Parts, especially the Feet.

But the Afflux of hot turgid Blood is very uncertain, it is sometimes preceded by a nocturnal *Profuvium*, red Eyes, tumid Veins in the Face, and an Expression of Blood from Issues that causes great Itching.



All these are Signs that the Head and Breast will chiefly be attacked, but those Symptoms which are peculiar to the Breast, are recited in the *Second Part*, and therefore I forbear to mention them here.



## EXERCITATION XII.

*Of the Critical Days and Hours of Fluxion.*

**I**T is very difficult to follow Nature in her most secret Elaborations, but our Studies are chiefly to be bent that way, and the skilful who rely on the Conduct of their Senses, do not in vain trace her Footsteps, but learn the Origin and Cause of every Change by Observation. The different kinds then of every Fluxion being discovered, their Periods of Return

turn are to be observed. Those whose Paroxysms are more universal, and consequently more severe, take the greatest Compass, and for the most part cause a Turgescency upon the cervical and carotide Arteries; but tho' the alienated Matter appears at its stated Periods and Hours, yet it arrives not to a perfect Crisis, until the Blood, by concentrating itself, excludes it from being any longer a part of its Mass; nor do I judge of an imminent Fluxion from a bilious Turgescency, or an uncertain and accidental Incalescence, for sharp and watry Humours flow out on the least provocation, although in some stated Periods.

*Explanatory Histories and Experiments.*

The milder kind of Fluxions that return every Morning, are  
from

from a Protrusion of the Blood, in concentrating itself the preceding Night ; as also those which appear at four, five, or six a Clock in the Afternoon, from a Repletion of the common Receptacle with Chyle at that time, which makes the Blood in order to give room for it, deposite such parts of it into the Cavity of the Breast. Nor is it yet certain, whether or no the more subtle parts of the Chyle do not at this time themselves flow in upon the Lungs, thro' the Ramification of the thoracick Vessels, as also thro' more secret Passages, not to say the Pores of the Membranes ; for our great Master hath taught us, that all the parts of our Bodies are *permeable* and *penetrable* : which Opinion seems also to be confirmed from hence, that what we expectorate receives both a Relish and Tincture from what hath so



suddenly passed into the *Thorax*, from the Aliments.

It hath been more than once observed, that saline and acrid Humours flow most upon the weak Parts about the first Quarter of the Moon, especially those Nights preceding a New-moon. But in the last Quarters, especially towards a Full-moon, the more insipid and tough Rheums appear, and that these protrude upon the Parts most in the Night-time is manifest, not only by all who are afflicted with a Coriza, a Catalepsis, or a Lethargy, but also by such as are addicted to cold Suffusions upon the Breast.

Asthmatick Persons are most afflicted about Midnight, when the Pores are most closed.

Being exposed to the Sun, too much Exercise, Fear, and Anger, easily excite the bilious Particles

of the Blood, and give rise to uncertain Fluxions of the milder kind. But more general Flowings of the same Humour for the Course of one, two, or three Years, will by degrees accumulate in the larger Vessels, and do great Mischief.



### EXERCITATION XIII.

*Of the Reduction and Proportion of Fluxions.*

**T**HE Father of Physicians hath said nothing more justly, than *when any Humour subsists by it self, and is secreted, it begins to be troublesome.* However every Humour ready for Fluxion is not discerned; but that which is most capable of Maturation, Reduction, and Union, is subdued by the natural Powers, and permitted to circulate

late again within the usual Limits; but that which is not capable of Reduction, if the Constitution overcomes it, is ejected; and although its Taint might be troublesome enough in the Blood, yet if, when separated, it meets with an active Ferment, it enters into the very Effence of it, and is justly chargeable with the Cause of Inflammation.

*Explanatory Histories and Experiments.*

It is observable, that the more thin part of a flowing Humour shall often occasion a great Pain in the Head, (as indeed this kind of Humour is always most injurious to Nature) and from very slight Causes be irritating there for some time, but yet to be taken up again into the Blood without Disorder,  
and



and afterwards emptied by a bleeding at the Nose.

Some Persons are seized with Anxiety of Mind before the Mass of Blood can discharge itself of a disagreeable Matter upon the Skin, but when that is effected they grow easy again; others get rid of the Causes of worse Mischief only by flight Tetters or Ouzings upon the inflamed Parts.

And some again are faint, even to Swooning, till Wheals or Pusles appear, which shew that the Blood is then freed from some noxious Matter.

I have known a Youth of a fleshy and robust Habit, afflicted with Fits of a most severe Cholick as often as a Tetter hath been repelled by Topicks, and who at last fall into a *Phthisis* upon its being thoroughly cured, or its going away of its own accord.

We often see the Matter obstructed by Bruises, Suction, and other Tumors, resorbed, and again circulated with the common Mass ; and which is more likely to be done internally, because of the natural Warmth of the Parts. Nor is there any Reason to wonder at it, since we find that the Water of some hydropick Persons disappears without any visible Crisis.

I knew a Person who once in a Year or two had such a violent *Cholera Morbus*, that he would evacuate upwards and downwards above forty times in a Night, and yet as soon as he was recovered, would find a small Portion of a fermenting Fluid settle upon, and in a manner burn the top of one of his Fingers ; and this small Portion containing the very Essence of a Ferment, I took to be  
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the Cause of such Colluctations, and that this was the Place of its Retreat, after those severe Conflicts.



#### EXERCITATION XIV.

*Of a distempered, or a stagnant extravasated Blood.*

**T**Hose Physicians seem to be wanting to themselves, although in other Respects the most sagacious, who slightly examine the Nature of what is expectorated : For a great many observing purulent Matter ejected by Coughing after Blood-spitting, pronounce that Ulcers or Abscesses are forming, and which necessarily discover an approaching *Phthisis* : And this Error they have fallen into by searching into the Doctrine of



*Hippocrates* only by halves, whereby they are tenacious of their own Notions, and neglect due Assistance, to the great Prejudice of the Sick. What is thus brought up, arises not as soon as it comes into the Cavity of the Breast, but stays in the larger Vessels, and in them receives a farther Alteration, Heat, Consistence, and Configuration ; and even in the Ejection of stagnant Blood, although it hath given it the Name of *Pus*, and is foetid when thrown upon live Coals, yet it does not always foretel a *Phthisis*, nor does it come immediately from the Lungs. The most pure Blood putrifies when it is deprived of its natural Heat ; and every Particle of it out of the Vessels, and not possible to be mixed with a homogeneous Substance, and deprived of its native Requisites, cannot but deviate into a

Distem-

Distemperature. And even while it is in the Vessels, altho' it seldom heats beyond measure, yet if its due Consistence is lost, and it receives any foreign Mixture, it will then degenerate into a corrupt State.

*Explanatory Histories and Experiments.*

A plump Virgin of a chilly Constitution, and who had not the *Menses*, from an Obstruction of the Uterine Vessels by Mucosities, at the time of their expected flowing, cast up a great deal of Blood by Coughing ; and as soon as she awoke in the Morning brought up as much pure Matter ; which continuing three or four Days, left her safe and well. The like I have known happen to many at the time of their Menstruation ; and  
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the same also to some who have had a Distillation of Blood in the Night-time from the Head into the *Trachea*.

Let a Portion of Blood be received from a Vein just opened, into a Porringer or Spoon, and set upon the Fire, and it will forthwith exhale a Stench like that of a stinking *Pus*.

Stop the Blood from a fresh Wound, and close the Lips over it so that it may yet continue within the natural Heat of the Body, and it will, after a few Hours, obtain the Consistence, Colour, and Scent of a foetid Matter.

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## EXERCITATION XV.

*Of the Matter and Essence of what  
is expectorated.*

**O**Mitting all Consideration of that Moisture, which, when the Stomach is too much bedewed, does by the Mediation of the *Œsophagus*, and the Membrane common to that and the Tongue, flow into the Mouth without Cough or Hawking ; as also that Rheum which ouzes out of the Capillary Arteries and their Coats, from the Brain upon the Palate, and is ejected with the like inoffensive Ease ; the Nature of that Excretion is to be examined, from whence the Breast receives its Injuries. And this is nothing else than a Portion of Fluid derived from the Blood by Suffusion, into  
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the Capacity of the Breast, thro' the pectoral Arteries, and thrown up through the *Trachea* into the Mouth, in order to its final Ejection, by the contractile Motion of the Lungs, either in coughing or hawking. As the Blood therefore is constituted in Conformity to its Aliment, so the Matter of this Excretion is as the Blood it is derived from.

*Explanatory Histories and Experiments.*

The Truth of what is said above will appear to every one who considers the manner of this Excretion, and examines what is by this way cast up, even by those who distil not from a moist Brain any Humidity into the Wind-pipe.

Whosoever shall pursue Measures for cleansing the Blood, by a  
Course

Course of Medicinal Helps, suited to such a purpose, and altho' such as are strictly pectoral be omitted therein, yet the Contents thus cast up will change for the better in proportion to the Alterations so made upon the Mass of Blood ; or where the Excretion by Expectoration is in an ill State, and badly coloured, if such Sweats are promoted as clear the Blood of its Impurities, the Matter they brought up will mend in Conformity to the Blood's Depuration.



## EXERCITATION XVI.

*Of the Vessels destined to, and the manner of, Expectoration.*

**T**hat the pulmonary Artery with its Divarications, receives the Blood's Recrements, and



and thence detaches them into the Branches of the Wind-pipe, is a matter quite out of Dispute; but some are more and some less injured by such Lodgment, according to its Nature and Quantity, and sooner or later throw it up by Expectoration, according to the Circumstances of its Adhesion: Every one has not the same Conformation in the Organs of Breathing; some are teized with a severe Cough without any Expectoration, while others with a slight Hawk or Cough shall discharge the irritating Matter: Some have it too much diluted with *Ichor* or *Serum*, that it irritates the Lungs to bring it up; and others have it hardened into such Clots as make it give way with great Difficulty; some thro' a cold Laxity of the Breast can bring up but little, while others of a firmer and warmer Constitution

in

in the same Parts dispatch off Collections of Matter with a little Trouble and Damage: Some have such an Openness of the Lungs and including Membranes, as gives room for the obstructed Matter to be shook away, while others either through Plenitude or Constriction, natural or adventitious, have such a Dislodgment either retarded or rendered impracticable.

*Explanatory Histories and Experiments.*

In Expectoration, what settles about the upper Parts of the *Trachea* is cast out with very little Labour of hawking or coughing; but what fixes at the bottom of its Ramifications, is with great Difficulty brought up.

Plenty of Matter of a moderate Consistence is easily expectorated,  
but

but that which is too thin or formed into hard Clods, is not without much Trouble shook out of its Lodgments in the capillary Extremities of the Vessels.

Many phthifical Patients reach to an advanced Age with an Adhesion of one Lobe, but where the whole Body of the Lungs, as is commonly the Case, grows to the *Pleura*, they much sooner go off, as hath been made evident by a Comparifon of Age, with the Anatomical Observations upon fuch Patients.



## EXERCITATION XVII.

*Concerning the Times of Expectoration.*

**N**ature then consults her own Security when the Matter excre-



excreted by phthifical Persons is supplied from the Blood, whence it hath its Origin ; and when the Times of Maturity and Expulfion are duly weighed and known. For what is crude or infufficiently ripened will not rife by a natural Force, and of its own accord, as hath been elfewhere demonftrated ; but what is fit for Expulfion muft be prepared, and as it were fhaped to the Capacity of the Veffels through which it is to pafs. Thofe who are accuftomed to this fort of Expectoration, are under the falutary Directions of Nature, to which always the Means are to be accommodated ; but if any Interruption is given to the Matter, fo that it does not proceed according to Nature's Measures, it brings on a Neceffity for more vigorous Efforts. The customary Ufage therefore of fuch Patients, is not

a Consideration of the least Moment, and it is necessary to have due regard thereunto also for the Credit of the Physician.

*Explanatory Histories and Experiments.*

Whosoever hastens Expectoration by violent Motion, or any voluntary Anticipations of Hawkings, puts a very hard Labour upon the Lungs, for what at its own proper time would easily be done.

Those who throw off a great deal of Rheum from the Blood by the Organs of Respiration, will much the soonest get rid of a Load upon the Breast; and on the contrary,

At the beginning of a Cough, every thing is laborious and troublesome, but in its Progress, when the Matter is digested and ripened, it comes to be easily born.

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## EXERCITATION XVIII.

*Of the Matter of Expectoration that  
is white and frothy.*

**I** Take the white frothy Spittle to be the Produce of a more thin Rheum ouzed out into the Capacities of the Lungs and Jaws, and there agitated : For that which distils from a cold Head is more thick, and unless it be retained and agitated in the Mouth for some time is not so white, is more mucous, and froths not up so much into Bubbles ; whence the Lungs are seldom hurt by it ; but if it froths up, I take it to be owing to some Motion of its Parts, to Heat, and a mixture of Air. Moreover, if this Matter rises unmixed, it indicates no more than that there is some internal Exsudation, occasioned by a

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more



more vigorous Action of the Parts than usual.

*Explanatory Histories and Experiments.*

A frothy Spittle is encreased by Exercise, in those especially who perspire but little ; and that the Motion of the Mouth and Lungs conduceth hereunto is manifest, because it always happens to those who cough or talk much.

If this Spittle be brought to trial, it will be found very light, consisting chiefly of a watry Pelticle inflated with Air.

## EXERCITATION XIX.

*Of such as is whitish, pellucid and thick.*

Nature hath given the same Laws to Plants and to Animals; and, according to the unerring old Man, implanted in both what is *sower, bitter, sweet, salt*, and of all Tastes. Nor does the Microcosm want its insipid Fluids, a moderate Proportion of which is necessary to dilute the Blood; but a Superfluity, if it be contained in the Vessels, loads the Constitution; as does also that which is extravasated, if it collects upon particular Parts, and burdens those Parts, especially when they chance to be the Organs of Respiration. But it is of little Moment to our present Subject, whether such insipid Humidities collect in their

proper Vessels, or are thrown upon them after the Discharge of their due Offices, so that they have been circulated with the Blood, and are found inspissated upon Protrusion into the large Cavities of the Body. The Excretions however that are the Produce of a soft Rheum are less hurtful, and more troublesome than dangerous ; but those which do not so readily pass the Wind-pipe in a liquid Consistence, but harden into a thick and viscid Substance, expectorate with great Difficulty.

*Explanatory Histories and Experiments.*

A noble Matron of 47 Years of Age, and fleshy, but weakly, who had all the Capillaries in the Liver, Spleen, and Mesentery obstructed, underwent frequently alternate Shiverings,



verings, and always had a Coldness upon some part or other. This Chilliness she likened to the pouring on of cold Water; and although we laboured to remove the Cause, yet this Symptom remained, unless when a Spitting, or a *Diarrhœa* arose, it for that time ceased. At last, after giving some Catharticks in order to remove the Viscosities, by Sweating in dry Baths, and a sparing dry Diet, she was quite cured.

In many Persons a thin Lymph arising from the Blood, at first will distil upon the Wind-pipe in plenty, whereupon the Coldness will disappear, but the Spittle will then grow clammy, pellucid, and come up with hard Reaching; and with this we have often observed the Breast to be grievously obstructed.

All Persons under a Pleurisy cast up Matter of this kind for some Days, after all the purulent Stuff hath been expectorated, and the more the other Vessels are loaded with it, the less will the Organs of Respiration be affected by it; and not at all when it is wholly translated upon the Bowels. I am of Opinion, that this *Mucus* being unequally supplied from the Blood, serves in the place of Nourishment to those who have the Rickets; and I take it for granted, that the same stagnating in the Ureters, and hindering the Passage of Urine, does regurgitate into the Stomach and Bowels, and occasion Pains of the Back, Vomiting, Gripes, and a Bastard *Ischuria*: Nay, it is sometimes to be observed, that the like Viscosity hinders the Reciprocation of the Blood, by lodging in the greater

greater Vessels. An Instance of this I once met with in a Child, who was taken off in the third Fit, it having obstructed the Pulmonary Artery, or that which is called the *Arteria Venosa*. Lastly, If these thick Rheums are unequally deposited upon some of the extreme Parts, they generate œdematous Swellings ; but if upon the whole Habit, a universal *Œdema*, or a *Leucophlegmatia*, and an *Anasarca*, very difficult to be cured.

This Mucosity, which is the Cause of obstinate Obstructions in the Bowels, continually increases in the Female Sex, or in Men of a cold Temperature ; and even in a state of Recovery, where the natural Heat is defective, or is wasted and grown languid by the long Continuance of any Disease.



## EXERCITATION XX.

*Of what is of a yellow Colour.*

**T**HE constituent Matter of yellow Expectoration is very probably from a bilious Tincture, but hath been so weakened in the Blood before Secretion, that it becomes deprived of its Taste at least ; and as Salts make Ulcers by Erosion, so putrifying Bodies act by penetrating, exciting, and lifting up the Parts into Tumours ; but I have always been of Opinion that saline Serosities make way for these, by too much relaxing and softening the Parts, and which when they are deprived of their Salts do sooner putrify, but both together make an internal compound Ulcer that is very difficult to be cured. For nothing hinders  
but

but that Fluid, otherwifethin, clear, and familiar to Nature, while it flows in the Blood-veffels, may be changed into a yellow Colour from an Alteration of Heat ; and as the Blood is deftitute of Tincture and Confiftence, from its firft Origin and Source ; fo the Spittle, which is its Recrement, may change from the alteration of Heat in the Parts through which it travels, and retain not fo much as one diftinguifhable Quality that it was poffeffed of while a part of the common Mafs : And it is much lefs to be wondered at, that the yellow Spittle fhould lofe its Taffe, when it hath not only been blended with the whole Mafs of Blood, but ftrained alfo through the *Parenchyma* of the Parts, and Pores of the Membranes ; for that Subftance in which its Bitternefs confifts, may not be able to pafs through fuch fine Strainers.

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*Explanatory Histories and Experiments.*

The whole Mass of Blood is saturated with Bile, or bitter Particles, which serve to it as a Preservative ; however no part of that, or of any other Fluid of the Body, is so discernably bitter upon the Tongue and Palate, as to communicate by the Nerves any considerable Sensation, unless it be that part of the common Mass which is secerned remarkably bitter, and comes up in strong Vomitings, when it is drained from its natural Residence and appointed Receptacle.

It is a common Case in Phlebotomy, that where the Blood chances to fall upon the Skin it feels hot, and yet the same Blood, as far as can be conjectured, was, while in  
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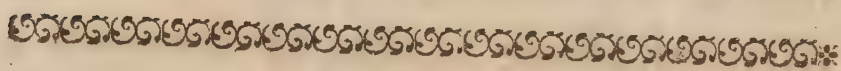
the Vessels very moderate and imperceptible.

In a Subject once dissected before me and many other Physicians of the College, we found the Neck of the Gall-bladder filled with Stones; and yet the Bladder itself was full of a pellucid Lymph, strained through those Stones as through a Filter of a thick Contexture ; these Stones were of the Bigness and Figure of candid Coriander Seeds, but this Lymph was of an insipid Taste, and coagulated upon the Fire into a Mucilage like the white of an Egg.

But these yellow Excretions do not appear unless there is some equivalent Incalescence of the Humours, or from a Heat concentrated by Cold, or from a Corruption or Redundance ; which different Causes may be known by a Physician, from the common Complaints

plaints of Patients who expectorate such Matter.

It is very well known by the Linen that some Portion of this yellow Humour transpires through the Skin, under the Arm-pits particularly, at the time of Sweating.



### EXERCITATION XXI.

*Of the Matter of Expectoration, bluish, blackish, and rust-coloured.*

**A**Lthough the *Parenchyma* of a *Viscus* could not give to the Blood its red Colour without its due Portion of Heat, yet the Spittle owes its Substance and Variations of Colour to the Blood and Juices of the *Viscera*, as likewise to the Aliments; amongst these, the most remarkable that occur are the bluish, the rust-coloured, and  
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blackish

blackish Spittles ; which do not, as many imagine, take their Variations from any thing which is drawn in with the Breath, either by the Nostrils, or Mouth, but from a Taint in the *Viscera* and Vessels that has been formed there, in the Spleen for Instance, as in its proper Elaboratory ; and which, when it gets into the Blood's Current, is thrown out by the Laws of Secretion : Yet I do not imagine that this is so deeply coloured as soon as it comes out of the Vessels, but as it is necessary that it should drip through like a Dew, where it condenses there it acquires its more fated Tincture : For the degrees of Heat in themselves are not the effectual Cause of Colours, yet where they exceed or remit, the Spittle is more or less coloured. But for these particular Diversities which I have recounted,

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a more remiss Heat, tho' one more protracted and constant, is requisite.

*Explanatory Histories and Experiments.*

Expose to an intense Heat of the Sun, or of a common Fire, some Portion of what is thrown up blue in Expectoration, and it will forthwith change of a white Colour; which would not happen if its bluish Colour proceed from any Mixtures of Particles drawn in by breathing.

I believe no Person hath ever observed Spittle of a thinner Consistence to be in like manner coloured; for all of this Hue are mucilaginous, or viscid.

This kind of Excretion is increased by such things as cool the Breath, as Barley, for Instance,  
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and Apples ; but they spit but little who take either such things as excite Sweat, or Mercurial Medicines ; as also those who have their natural Heat diminished by long Sickness, that eat but little, are used to Exercises and Fasting, are subject to have their Breast heated, or who smook much ; and those excrete but little who have a frequent Cough ; all which Cases shew that the Matter of Expectoration arises mostly from the Digestion of a slower protracted Warmth, and from a flaccid cold Breast.

The mention of this kind of Excretion brings also to mind an Instance of a middle-aged Woman, under a violent Catarrh, whose Spleen so filled the Head with ill Steams, that every Morning she discharged a vast Quantity of a rust-colour'd Spittle, which resembled

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the Threads of Cobweb, a Portion of which the hot Catarrh sometimes diverted into the upper part of the Wind-pipe, but upon opening, and deterging the Vessels of the Spleen, both the Catarrh and Excretion ceased.

If the white of an Egg be long, tho' gently, kept warm, it will change its white into a bluish Colour.

At the end of a Fit of accidental Coughing from Congestion, or of a thick periodical Expectoration, I have observed this Spittle to rise more white and depurated. Nor are such kinds at any time thrown up unless the Spleen or Womb are in fault; nor does the *Mucus* of the Nose from any other Cause flow out discoloured.



## EXERCITATION XXII.

*Of a Salt Spittle.*

**A**Lthough a Salt Spittle, which is the Offspring of a Salt Blood, may give some Commotion to the Humours, yet I imagine that it but seldom breaks through Membranes and Coats of the Vessels suddenly by its incisive Quality; but after the Blood hath strained out its saline Particles like a Dew through the Membranes and Coats of the Breast, it occasions a Cough, by stimulating the contractive Motion of the Lungs; from which sudden Concussion and Contraction, frequently straining the tender Parts, through which such a saline Blood circulates, those which are most infirm are soonest destroyed: So that a saline Mat-

ter lodged upon any of the *Viscera*, does not immediately like a Needle, penetrate the Part itself ; but by remaining long upon it, it dissolves its Texture, and assimilates it to its own Nature ; which Power of Excretion is rather by Solution than Puncture and Incision ; for by insinuating into the very Substance of the Part, it is mixed and united with its most intimate Combinations, and so changes its Substance into a kind of middle State between Mixture and Dissolution : In which Neutrality it at length gives way, and by its encreasing Separation is quite destroyed. The Acrimony therefore of such a saline Fluid, extravasated perhaps like a Dew, by penetrating into, and uniting with the Substance of any Part, endangers its Erosion and Dissolution ; insomuch that if the Blood,

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is impregnated with an Acidity or Brackishness, although it deposits it upon the extreme Parts, yet the Patient is in Danger during such a Habit.

*Explanatory Histories and Experiments.*

There are many whose pectoral Vessels have been broke thro' by a turgescent Blood (and in which perhaps the saline Principle abounded) whom by using Phlebotomy once or twice have been cured; but I never knew any whose Lungs have been eroded, recovered without a thorough Edulcoration and Change of the whole Mass of Blood.

There have been some who have had their *Vertebræ* luxated by a sharp Fluxion upon the Spine, and other Bones thrust out of their



Joints by the same means ; but where a Fluxion is of a Quality intirely adverse to Nature, as in the Venereal Disease, it will thrust out the Bones into Inequalities, and render them spongy, brittle, and less durable in all their Parts. The same is to be met with in an *Elephantiasis* ; for the Bones in these Cases, if we can believe some Practitioners, are melted as it were like Wax, and shaped into strange Curvities.

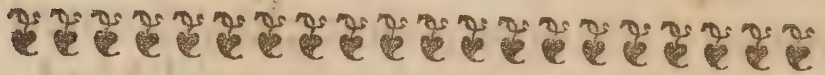
I have seen many almost worn away with Leanness, whose whole Mass of Blood abounded with Salt, and who poured out a brackish *Saliva* for two or three Years from the Apertures of the Pulmonary Artery, without having any Erosion upon their Lungs. And amongst these a Merchant of *London*, who was wore almost to a Skeleton by a salt Blood, which  
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at last leaving the Lungs, became so severe, that it occasioned Sores that eat into his Hands and Feet, making there very ugly Ulcers, and yet all this while his Lungs were preserved.

I have more than once seen the *Parenchyma* of the Lungs so uniformly dissolved that they seemed reduced into a kind of putrid Mud.

I have also met with Patients whose Lungs, especially the Lobes, have been by piece-meal tore away by a sharp and an unequal Erosion, as if gnawed by Rats, and it hath appeared upon Dissection, a Sharpness abounding in the Blood (which is most customary amongst splenetic Persons) not only occasions such a Laxity of the whole as makes the Parts liable to any Injuries, but also destroys all Nourishment to the musculous Flesh: And in the Rheumatism which was

lately common in *England*, ( or the Rheumattick affection, as *Galen* calls it, *Lib. 1. de diff. Febr. cap. 7.* which agrees with the Gout, both in its Causes and Seat) there arose most tormenting Pains, and it was very fatal.



### EXERCITATION XXIII.

#### *Of a sweetish Spittle.*

**T**HE constituent Matter of all Spittle is diversified by the Place it comes from, and rises in various Appearances: Nor does the *Serum* of the Blood, which is its most natural Excretion, prove the only Invader of the Cavity of the *Thorax*, when it overflows and makes Escapes, but sometimes that dewy Substance that is destined for Adhesion and Nourishment, gets



gets up into the Mouth : For the Blood is first of all deprived of its thin *Serum*, which heats it, and the Encrease of that Quality throws its more glutinous Parts upon the Lungs which have been already relaxed and made tender by Inundations of Humidity ; and this I take to be the Case chiefly of those who are most dangerous. For Nature greedily embraces this Juice, until her attractive and assimilating Faculties are quite lost.

*Explanatory Histories and Experiments.*

When I practised at *Bristol*, a City that is built much over Vaults and Cellars, and where Consumptions are very frequent, I have met with some who with much Ease brought up a sweet Spittle for three Years together and have been totally

tally enervated and wasted ; but some of these, not all, were at times seized with a violent Cough, and losing all their Vital Moisture, went off pale, dry, and shrunk to Skeletons. In one Instance of this kind, who for our Information was opened, and who sometimes brought up Blood after saline Excretions of Spittle, the Lungs had in every part lost their Tone, and yet the other Organs of Respiration, and all the *Viscera*, were found to Appearance. Nor ought this to be accounted strange with those who know how unfit that Blood is rendered for Nourishment that is too much attenuated, or hath observed a Blood over thinned and rarefied by intense Heat to flow through the capillary Arteries, and especially through those of the Nose, even to Fainting : For it is inevitable Destruction

tion to the Œconomy to deprive it of that contempering glutinous Juice, which by a moderate Warmth gives a due Smoothness and Consistence to the whole Mass.

According to the generality of my Experience, this sweet Spittle happens after a long saline Excretion.

This Spittle put upon the Fire evaporates into a white Gelly, like all other nutritive Substances.



#### EXERCITATION XXIV.

*Of a dirty, ash-coloured and purulent Spittle.*

**A**Mongst all the Excretions, the most vapid and feculent Spittle is of an Ash-colour, and dirty, like soft Clay, but the less adhesive Spittle of consumptive Persons



Persons is a Symptom of a declining natural Heat, and of approaching Death ; all the other sorts are, in some measure, affected by Warmth, and derive therefrom their Figures and Consistencies ; this only as it were, stagnating in its Lodgments, unless its Quality forces its way, is with great difficulty expectorated, and becomes the Produce of extreme Corruption, and natural Decay.

*Explanatory Histories and Experiments.*

If you fill two Acorn Cups of equal Bigness and Weight, the one with a dirty Spittle, and the other with a slimy Spittle, or any Species of it, you will find the dirty Excretion weigh down the other, for it is heavier than any other sort.

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This Clay Excretion happens only to those who are hastening to their latter End, and are out of all Hopes ; and their Lungs upon Dissection have been found a heap only of stinking Corruption.



# EXERCITATION XXV.

## *Of the Remedies of Blood-spitting.*

**P**Hlebotomy frequently repeated, deserves its Recommendation, especially when assisted by Revulsion, as by it both the Heat and Quantity of Blood are diminished ; nor does there any thing forbid this Practice upon those who are found in good plight and curable. And if a bloody Spittle proceeds from a *Plethora* only, it stands in need of no other Remedy. But when the *Seminiu*m of the Disease

is got farther into the Texture of the Blood, I have not ventured in my Practice to put the whole stress of Cure (which may be palliated with Hypnoticks) upon Emplastick and Agglutinant Medicines, which with great Difficulty penetrate into the Vessels ; for when there is an over-fulness, and that is diminished, the whole weight of the Recovery lies upon the Reduction of the Mass of Blood into its natural Temperature, uniform Consistence, due Maturity, and such Conditions as are necessary to its Constitution ; which if we neglect, or Mistake, will draw upon us just Censure ; for to do this in every Case as well as in Diseases of the Breast, is of the greatest Concern to a Physician ; that is, to administer such things which may eventually obviate the Distemper, tho' they do not directly and  
by



by any specifick Power take away the Symptoms. Nor does only the Application of Coolers and Repellents to the Breast displease me, but also such Bandages upon the extreme Parts as lays a greater Load of Blood upon them : These Errors are therefore to be carefully shunned by those who have the Care of Health.

*Explanatory Histories and Experiments.*

There will be Danger of a greater Load from reflux Humours after the use of agglutinant, emplastick, and incrassating Remedies, although they do for a time stop the Blood's *Impetus* ; but I have often experienced Success from Specificks, on Means peculiarly adapted to the Blood's  
Con-

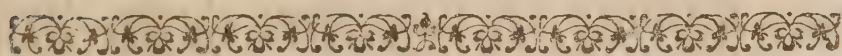
Constitution, as well on my own self as on many others.

It is certain that the Blood is degenerated in every Disease that hath its Rise from a crude, acid and a watery Disposition; and in those Distempers of the Breast that owe their Cause to a Congestion and Suffusion of Humours, it exceeds the bounds of its due Maturity, as is manifest from the nidorous, yellow, and adust Matter that it deposited upon the *Bronchia*: And this likewise appears from peculiar and contrary Methods of Curing used in these two Extremes.

If a Blood-spitter, or one who bleeds at the Nose, be thrown into a cold Bath, the Symptoms will be aggravated; but from a Heat upon the Surface, or an Encrease of it in the Extreme Parts, the Patient will receive Benefit.

The

To the extreme Parts of those who spit Blood, as of those also who bleed at the Nose, Bandages are often made in vain ; but Friction and the Application of moderate Warmth will do Service.



## EXERCITATION XXVI.

### *Of a Milk Diet.*

**I** Am of Opinion that a Milk Diet to those who love it, is much better than Flesh, while the Blood is turgid and hot ; and in Constitutions where Acrimony or Bile abounds, in Case the Mouths of the Vessels are not yet opened ; that is, in the first Appearances of an approaching *Phthisis* ; but I have found it necessary to follow its use to those who are really advanced in this Distemper, for the following

I ing



ing Reasons. Those who grow Lean from the Depredation of an acrimonious Juice, suffer its caseous part to run into a *Coagulum* or Curd, which obstinately obstructs the Vessels : They who are subject to be heated from putrid Juices, change its unctuous Parts into Bile, and the sooner if Honey or Sugar be mixed therewith ; and lastly, they who have their Lungs overflowed with Aquosities have the Organs more flacid, whence Expectoration is retarded and suppressed, and in most People it occasions Pains of the Head. Whey therefore mixed with Medicinal Waters, and Fluids suitable to the particular Exigencies, so that every Symptom may be obviated, I take to be a good Substitute in the room of Milk.

*Expla-*

*Explanatory Histories and Experiments.*

A noble Person of about forty Years of Age, fell into a deep Consumption, from a depredatory, acrid and viscous Humour which abounded in the Vessels. For from a disproportionate Nourishment not only the extreme Parts wasted, but there arose a burning and an uncertain Fever, the genuine Offspring of such Causes, which so resembled a true Hectick, that very skilful Physicians pronounced him in one. In order to cure which they put him into a Milk Course, whereupon arose more aggravated Symptoms, insomuch at last as to carry off the Patient, who upon Dissection, was found with his Stomach and *Duodenum* stuffed with the Curd of Milk.

A Child of two Years old and of a hot Constitution, had an Ulcer grew upon his Liver from an acrimonious Humour ; and that discharged its Matter into the Stomach, whereupon it was immediately thrown up by Vomit. Now before the Instillation of this eroding Humour into the Stomach, the Child very well digested both its Mother's and other Milk ; but afterwards it deposited by Stool little Balls of coagulated Matter as big as Peas, and hard almost as Chalk, and brought upwards a butyraceous Substance mixed with Matter.

Every Novice in the Concerns of a Dairy knows that Acids and saline Substances will change Milk into a Curd, and there is no one but may experience that Milk-drinking will occasion Pains in the Head.



## EXERCITATION XXVII.

*Of the Use of sweet Substances.*

**T**HE Custom is very old of asswaging Coughs by Substances, and Food, extremely sweet, the Basis of which are Honey and Sugar. Nor is the Use of such Remedies to be condemned, where others cannot be had, and the Cough is vehement; but Care is to be taken that while the Boughs are cutting off the Root does not encrease: For a Cough that vehemently shakes the Breast is always the Offspring of a Suffusion from an adulterated Blood; but all those things which promote its Fermentation are accounted to cause Bile and Putrifaction, and on that score to do more Harm than Good, and such are Sugars

and Honeys, which as they are not reckoned over wholesome, so they are far from being the proper and constant Ingredients of a Course of Medicines. For they run more readily into Fermentation with the Blood, and the unbridled Spirits of consumptive Persons, they grow torrid from intense Heat, and from a diminished one cannot be digested, whence they frequently of their own accord degenerate and corrupt, by reason of that turgid Spirit that lies concealed in them.

*Explanatory Histories and Experiments.*

Any one will easily perceive the Mischiefs done by too long a Detention of the Aliments and sweet Substances in the Stomach (which is the Case always of consumptive Patients)

Patients) who from their Use has experienc'd nidorous Belchings, bitter and eruginious Tastes, the inseparable Fruits of a most fatal Degeneracy.

Who can deny but that Honey and Sugar put into Vessels and Bottles, altho' never so sparingly, will yet excite the Fermentation of sharp or new Wines? And if they are put upon Flesh placed in a moderate Warmth, they will be soon found to occasion very strange Alterations.

By the Use of these sweet things many Diseases are aggravated from an Encrease of Choler, with severe tormenting Pains.

All over-sweet Substances given even to the best Constitutions, cause a very stinking Scent to the Excrements.



## EXERCITATION XXVIII.

*Of the Administration of Steams and Fumigations.*

**S** Teams and Fumigations are accounted amongst the more valuable Remedies, and trusted to in the most pressing Necessities ; but if they are not administred with due regard to all Circumstances they prove hurtful, and are to no purpose. Yet I will not deny, but that from the Constitution of the Parts concerned, there seems not any thing to forbid their Use ; dry and tense Lungs are softened by their Humidity, moist and relaxed, hardened by their Dryness ; those covered with Putrifaction and Viscosities are cherished by them, and the fordid Ulcers of all kinds deterged ; as also doth the like careful  
 Manage-

Management prevent all Influx of fresh Matter upon the affected Parts : And if we regard the Crasis of the whole Constitution, even a Fever does not contraindicate the Use of these Remedies ; for Fumigations of the most subtile Nature carry not their Heat beyond the Organs of Respiration, and I have been compelled to use different kinds of Remedies, according to the various Lodgments of the obstructing Matter, according to the Nature, Proportion and Motion of the Suffusion, and according to the Disposition and Capacity of the receiving Part, tho' in every one of these kinds there is one particular Ingredient as its Basis, of which at present I am not permitted to make any mention.

*Expla-*

*Explanatory Histories and Experiments.*

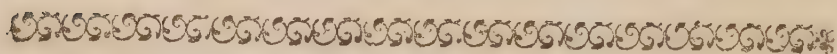
A Merchant of *London* had the left Lobe of his Lungs affected by an eating Ulcer, which arose from an inveterate Cough and a saline Fluxion that induced an Hæmoptoe. This Ulcer corroded quite thro' a small Divarication of an Artery in that Lobe. He had all the Symptoms common to pestilential Patients, and they daily grew worse, but he was at last cured by Fumigations conveniently managed. In this sound State he continued six Years, and all that time in *Spain*, where, by my Consent, he travelled on account of his Affairs in Commerce; but coming home about the beginning of Autumn, and losing the usual Perspiration through the Pores, a more copious



ous Fluxion filled the whole Lobe, so that it adhered to the Side; and such a Quantity of a sanious Matter overflowed the whole Organ, that in a little time he quite ceased to breath. Upon opening the Body, part of the Wind-pipe was eroded, and a varicous *Cicatrix* brought all over it; the adhering part of the Lobe was grown Callous, and the *Parenchyma* of the rest of the Lungs suppurated into Matter.

I have often observed the internal Membrane of the Wind-pipe to be abraded by saline Humours and coughed up, but yet renewed again by Fumigations, so as to continue in some Instances well ever after: And lastly, I have restored two by the same Means, with due Observation of other Requisites, who threw up whole pieces of their Lungs, which putrified away by a lingering Phthisick. One of these  
grew

grew thin under a three Years Hectick, who, when his Cough declined, had a Hardness in the middle part of his right Lobe, as near as can be conjectured from Circumstances, of the Bigness of a Chestnut, but he recovered his Flesh and Strength; the other continues fat, but hath a Cough at the critical Hours, though not troublesome, and in other Respects is perfectly well.



## EXERCITATION XXIX.

### *Of Issues.*

**A**Mongst all the Remedies, I reckon Issues to have their share of Service, and that through those Out-lets, those things that degenerate from the Standard of Nature, are by a kind of critical Deter-

Determination, separated and secluded ; as by a sympathetical Inclination those things are retained and assimilated that are according to Nature: Which Powers neither that great Genius *Hippocrates*, nor those who differ from him, do deny even to all things that have Growth, and much more to Animals. \* But this kind of Remedy must be under some Regulation. 1. They ought to be made in Parts that are pervious, where there is the greatest Warmth and Moisture, *viz.* under the Arms, in the Interstices of the Muscles, in the Bendings of the Groin and Hams, on the Wrists where the Muscles penetrate the Interstices

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\* Those things which grow and are found when they are put into the Earth, draw to themselves whatsoever is agreeable and familiar to their Nature, Hip. de Nat. human. lex. 31.



between the *Ulna* and Bones of the *Carpus*, and also between the Shoulders. 2. The Orifices must be large and deep, so as to contain the Stone of a Dactyl; and, where a large Discharge is required, let them be filled with Root of Gentian, Peas of Ivy, or equal Quantities of Hermodactyl and Wax, or of three parts of Wax, and one of Pepper, or with Peas of Galangal Roots, or with Wax alone, the Pith of Elder, or any other Peas that will fit their Orifices; often

*Excoquitur Vitium, atq; exudat inutilis Humor.*

*Explanatory Histories and Experiments.*

Experience entirely destroys what some forward Smatterers have fancied to themselves to the Disadvantage

vantage of Issues: For the pricking Pain, occasioned by what they discharge, and the great Advantage that Patients receive therefrom, demonstrate that a very saline Humour passes through them: We also know that the milder Fluids, which by no means will vent at, or but very little squeeze through, the Issues that are ordinarily made, will yet wholly evacuate by more large Orifices near the great Vessels and Flexures of the Joints; which is more manifest in those who have received a pestilential Infection, or from any other Cause have accumulated putrid Juices, for they purge off, by Issues of this Largeness, parts of a virulent Corruption, too considerable to be neglected; nay in some Persons of a fine Constitution, we find the Scent of Garlick, Vinegar, Juice of Lemons or Oranges,

ranges, to transpire from their Issues, and to vellicate their Lips within three or four Hours after Eating.



### EXERCITATION XXX.

#### *Of Sweat.*

**I**T hath been observ'd that Sweats do good Service when seasonably advised, and when they promote Transpiration; and on these and a due Interposition of Fumigations, there depends a great deal towards a Cure. By those we obviate a present Danger; by these cut off all fresh Supplies of Matter; by those the Part affected is comforted; by these a new Insult is prevented; by those the recipient Part is strengthened; by these it is kindly moistened: And lastly,  
Sweats



Sweats away Obstructions by attenuating Viscidities and Coagulations; they dilute Acrimonies and Acidities by Moisture, and they maturate Crudities by Concoction; whence the Blood, which is a Vehicle to the nutritious Juices, nourishes and refreshes the distant Parts with Matter suitable to them.

*Explanatory Histories and Experiments.*

Some Years past, when the War raged in *Ireland*, a Gentleman of that Country of 25 Years of Age, and Son of a Knight, was plundered, and stripped to the Skin; upon the Cold on the extreme Parts, the reflux Blood washed back upon the Lungs with so much Force and Severity, that all manner of Food offered to him was brought up again for near three

K                      Years

Years after, and he threw up by Vomit or Cough every thing he took, only altered into a kind of Slime, so that he appeared just dying in the Arms of his Attendants. But weighing the whole Circumstances of his Case, and the Obstinacy of the procataractick Cause, after the Administration of what would ease his Cough, I directed Sudorificks to be frequently repeated, and his extreme Parts to be well rubbed. By these Allurements, his Body, before wasted to Skin and Bones, was cherished, his Spirits, that were just departing, recruited, and his Limbs, almost become useless, recovered.

I have recovered many Blood-spitters after some Days bleeding, by repeated Sweats in a *Bagnio*, and the use of due Specificks at the same time.

It would be tedious to recite all the Histories of Cures in consumptive Cases, of the worst kind too, that have been performed by Sudorificks carefully administred. I wish the Practice would be more followed for the future, and that Physicians would give better Regard to the Dictates of Experience, and Evidences of Sense.

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*quid nobis certius ipsis  
Sensibus esse potest, quis vera ac falsa  
notamus.*







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THE  
NATURE and CURE  
OF  
CONSUMPTIONS.

---


K 3







T H E  
N A T U R E and C U R E  
O F  
C O N S U M P T I O N S .

 That Consumption which is called a *Marasmus*, is a wasting of the whole Body, or some of its Parts, arising from a distemperature of the Fluids, or from their Dfection, or an unequal and disproportionate Heat.

The Matter designed for Nourishment, in weak People especially, degenerates, when it is not diluted with the *Menstruum* or natural Ferment, which resides in the Stomach, or is not duly subdued by it; for the chief support of Life and Health, is maintained from a Regulation of this by the Standard of Nature.

The Matter of Nourishment may err, in Consistence, Proportion, or Quality.

There is either a difficult Solution, or none at all ; or an imperfect Separation, or too long a Residence, or too sluggish a Distribution of such Food as is of a Consistence too gross and compact.

Too slender a Proportion of Food brings a defect of Juices, and thence a debility of the Constitution ; but too great a one an obstruction of the Vessels.

If Food errs in Quality by being too Cold, it cannot be rightly subdued by the Heat of the Stomach and neighbouring Parts, from whence will arise Crudities ; but if the Heat of the Aliment exceeds that which is natural in the Stomach, the Chyle will be fermented with a foreign Heat ; and from both these sorts will also arise

rise Flatulencies ; and Gluttony, which gives a more frequent Supply, will be inconvenient by encreasing the Turgescency of the Fluids.

As for what belongs to Taste, the same Judgment is to be made of that which is immoderately salt or acid, as also of what is unreasonably sweet, which soon putrefies.

*Subjiciunt illi prunas & viscera torrent.*

Again, irregular Meals does not a little contribute to the Corruption of the Aliment ; for if things, even of the easiest Digestion and best Nourishment, be eat at last, which is customary, instead of a natural Concoction, by being longer detained, they will grow dried, or torrid, and taint the subjacent Food.

Lastly, According to the Nature of the Aliments and the Regularity



rity of their Reception is the Blood compounded and fated with a nutritious Juice; for the Distribution of which, Nature hath formed the Heart, the most elaborate and most firm part of the whole Body; and which by its reciprocal and circulatory Motion is of a double Advantage to the whole Constitution, that is to say, in the Office of *Protrusion* and *Depuration*. From This is that Moisture and Nourishment of every Part, by which Life is maintained; and from That those Conditions of Life which denominate a Body to be healthy or distempered: For a more depurated Blood contains a Vital Spirit (that is the chief Instrument of Life) in every respect suited to the natural Actions, but Blood less perfectly depurated, on the contrary, contains in it a Spirit more sluggish, and unfit for Action. But  
 let

let whatsoever come into this Circuit, it will be passed into the whole Habit, from the Arteries into the Veins.

From this Fluid, (the Chyle or Aliment) are made those Changes in the nutritious Juices and Blood, as give rise to a Consumption in all its shapes ; for then instead of a dewy, smooth, natural Juice, with which the *Viscera* and Limbs ought to be moistened and nourished, are substituted and dispensed, such as are thin, unequal, turgid, corruptible, saline, bitter and tart.

*The Defections of distempered Juices.*

The Animal Juices being attenuated by immoderate Heat, and rendered more subtile than natural, are unfit for Nourishment :  
 1. Because they want a balsamick Consistence.    2. Because they circulate

culate with a greater Velocity than is consistent with the stops necessary to Nutrition, and thereby making a great waste. And 3. Because they exhale such Quantities of Moisture, as to wear themselves away with their own Motions.

Juices unequally fluid produce an *Atrophy* and wasting of particular Parts ; for the more thick or gross by obstructing the Vessels hinder Distribution, whence they come to Ferment ; but the thinner, and by that means the more rapid, are hurried on tumultuously : From which Causes the Parts receive an unequal Nourishment.

Turgid and flatulent Juices, before they get into the Extremities, fill the Head with troublesome Vapours, which being condensed by the coldness of the Brain, into a Rheum, if it descends through the  
*Bronchia,*



*Bronchia* into the Lungs, it distempers the Breast.

*The Devastations of distempered Juices.*

Saline, turgid, and acrid Juices being carried into the Blood, not only are hurtful by injuring its Temperature, but do mischief out of the Vessels, as often as by their Turgidity and Plenitude the Arteries and Veins are over-stretched, and moreover irritated by their Acrimony. Vessels thus tumefied, and filled, endeavour to get rid of the Irritation by emptying, and that by throwing out the Blood itself; which kind of Blood, if it gets into the thoracick Vessels, produces a frequent spitting of Blood, (a fore-runner of that sort of Consumption which is called a *Phthisis*) or an *Ecchymosis*. For Nature hath cloathed and fortified the

the Veins and Arteries in the internal Cavities of the Body with fine Membranes, in order to limit the *internal* Boundaries of Circulation, as she hath done the *external* by the Defence of the Skin. If the Blood is accumulated upon these Membranes from the thoracick Vessels, it properly receives the Nature of an internal *Ecchymosis*: But a *Pleurisy* is when the Blood extravasates from the intercostal Vessels, and stagnates upon the Membrane lining the Ribs; and an *Empyema* is a Change of the same fermenting Blood into an *Ichor* or Matter, by its Stagnation and Putrefaction; nor can it seem strange to any one, that Blood can undergo such a Change, who hath observed the same, when it hath flowed from a Wound or an Issue in a very stinking *Pus*.

But

But if the Vessels of the Head, that is, the *Carotides* or *Cervicales*, ouze out the ferous part of the Blood, or in any manner exclude it, there arises a Suffusion, which if it be gradual, proves a continual *Catarrh*, but if sudden and in a Glut, it comes to be distinguished by the Name of a *periodical Catarrh*. In both these lurks an antecedent Cause of a Consumption, and more especially when the Brain distils part of its redundant Moistures upon the Parts of Respiration, and which, if the Lungs, by reason of their slippery Contexture, Weakness, or disproportionate Consistence of the Matter, cannot timely throw off, there will oft-times arise beginning Exulcerations. And lastly, the saline parts of the Blood itself, and even some that are insipid ; both which are included under the common Appellation

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tion



tion of Phlegm, will not only destroy the Contexture and Tone of the Parts whereon they lodge, but will thence also acquire a Putrefaction that will supply an efficacious means of Corrosion.

To these are added external Auxiliaries, *viz.* living in Places too often damped with Rain, or in small Islands, too near an approach of the Sun, unwholsome Vapours from Land or Waters, the influence of the Planets, and inclement Winds, sudden alterations in the Weather, an unseasonable change of Climate, unsuitable Labour, an omission of Exercises, or a using such as are too violent, a frequent change in the standing Requisites of Health, and a sadness of Mind, from whence the Spirits are dejected, and the consumptive Taint more deeply impressed,

*Unda Lacusq; nocent, & causa valentior illis*  
*Anxietas Animi* ————— All

All which do a great deal of Mischief, either by fusing the Juices, or exciting internal Colluctations.

The recited Causes give rise to a Consumption, and its Species, from the nutritious Juice, degenerating into Matter, by means of Ulcers upon the nobler Parts, chiefly the Lungs, or from a briny Mixture, either destroying some part of that Juice, or of an acid one perverting its natural Functions through the whole Body, or from its being dissipated by too much Heat; whence proceed these three Differences, a *Phthisis*, an *Atrophy*, and an *Hectick*.

A *Phthisis* is a Consumption from a Putrefaction of the Juices, caused by an Errosion, an *Ecchymosis*, an Abscess, or any other Filth in the Lungs or Breast; whence the degenerated Matter is communicated by the pulmonary Vein, or any  
L
other

other Devarications of Vessels in the Breast, to the Heart, and from thence by its Motion and Pulsation, it is carried first of all into the Arteries, and through the whole Habit ; and lastly, all the Veins are filled with a Profusion of it.

Nor are there wanting such as bring this Constitution with them into the World, whose Parents have died Valetudinarians, or consumptive, abounding either with a cold or an immature *Semen*, or perhaps over-run with an acrimonious Heat. These Persons have sharp Shoulders, which are therefore called *πτερυγοειδές*, (Wing-like) a contracted *Thorax*, a narrow and low Chest, a thin and long Neck, a flaccid Tone of all the Parts about the Breast, and a very flabby Contexture of the Muscles all over the Body.

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Obfer-



*Observations relating to the Diagnostic Signs.*

We know this Distemper to be approaching when the Blood or briny Current is carried towards the Breast with a slower or quicker Motion.

Its slower Efflux is discernable:

1. By bloody and brackish Excretions brought up with Spitting at certain Periods, that is, in the Morning, or Afternoon, and continued for four, five, or six Hours, more or less, according to the Irritations they occasion, or as they are determined by the Exercise of the Body. That which thickens out of the Vessels is not excreted at the accustomed Periods, not because they overpower the Functions at those times, as is the common Opinion of Physicians, but because in some measure they tran-

spire through the Skin, while the more thick are absorbed by the larger Vessels, and returned into the Mass of Blood.

2. By more frequent Spitting and Hawking.

3. By an interception of the cutaneous and other Excretions.

4. By Spittle of a light and frothy Substance.

5. By globulous Spittle rolled up like Hail-stones, and forced up at the fore-mentioned Hours, by sudden Coughing or Hawking.

6. And the certainty of all this is confirmed, when from any Cause there happens a Defluxion of a brackish Matter upon the Joints or Extremities of the Body, and the Breath in that time gets Strength.

More vehement and plentiful Affluxes are known,

1. By more copious casting up a frothy Blood of a clay Colour,  
with

with Hawking and Coughing less painful, if from the Lungs; but of a blackish or deep red Colour, with a more painful Coughing, if from the Cavity of the *Thorax*; if from the great Arteries, regurgitating into the Mouth by Gushes and Intervals; but if it proceeds from the *Fibres*, it distils gradually, but with a sense of Titillation.

2. By a heavy Pain upon the Breast, and which is pungent by Fits.

3. By a periodical Difficulty of Breathing.

4. By a manifest Lightsomeness of the other Parts.

The Sign of a *Phthisis* from a thick and cold Rheum falling from the Head (which sometimes happens) and collecting in the Breast, is apparent, when the like Matter, flowing in some manner from the Extremities of the *Carotides*, and impregnated by a cold Brain, makes



its way into the Wind-pipe, and which is always joined by a like kind of Matter emptied out into the Breast by the common Vessels; a most certain Symptom whereof is an Erection or Aperture of the *Larynx*, with its alternate closure or falling again, and causing a Sound like the ticking of a Watch that beats Seconds; and to which daily are joined the following

1. A Sluggishness of the Spirits.
2. A Heaviness of the Head, with a periodical Pain aggravated at the Full-Moon.
3. Longer Sleeps, and Dreams of Drowning.
4. A general Coldness of Temperature.
5. Small and clammy Pores.
6. A Flaccidity of the Lungs and all the Pectoral Muscles, and a slow Expectoration, which is known by a frequent endeavour to raise up something in vain.
7. A

7. A thicker Spittle, which easily excretes after a good Meal, when the Breast has been warmed with suitable Food.

8. A heavy and throbbing Pain of the Breast.

9. A Cough something threatening Suffocation, and which is aggravated by Exercise and drinking cold Liquors.

10. A frequent Difficulty to breath.

11. A Catarrh slowly but continually dripping down the Wind-pipe.

12. Difficult Expectoration in a moist Air, but a readiness to sweat.

13. A Softness of the whole Body upon a moist Air, and a Hardness in a dry one; which is a Symptom that almost always attends consumptive Persons; whence

14. A Disposition to be affected by every Inclemency of Air or

Wind ; amongst which a moist and cold Constitution is much the worst.

The Signs of a *Phthysical* Consumption from what Source soever, yet more deeply rooted, and eluding all the Arts of Medicine, as to a present Cure, are

1. A very aggravated Cough, the Violence of which streaks the Spittle with Blood ; then a filthy *Pus* of an Ash-colour, and which put into Water easily mixes with it and falls to the Bottom ; and lastly, when there comes away Filaments, or Fragments torn off from the Lungs themselves, the Vessels, and the Membranes.

2. A stinking Breath, and the utmost Difficulty in Respiration.

3. A Pain of the Breast, and a pricking Soreness of the Paps, especially at the time of Coughing.

4. A defect in all the Functions.

5. A



5. A putrid Fever from the Blood universally tainted by a distilling Matter, and going into Preternatural Motions, such as those of Fermentation; whereby the Fluids of the whole Body are fused into colliquative Sweats, especially in the Morning.

6. A Flux of the Bowels, and at last a Lientery, from a depraved Constitution of the Liver, and all the Parts destined for Nutrition.

And with these necessarily occur

7. A general Dryness of the Flesh from a Defect of Nourishment.

8. A Scurf upon the extreme Parts and the whole Cuticle; also from a Defect of Moisture.

9. A stretching Pain in the right or left Side upon lying down, by reason of some Adhesion of the Lungs on one side or other to the *Pleura*.

10. A

10. A weak, small, and frequent Pulse, from a languid Motion of the Blood to the extreme Parts.

11. Falling off the Hair, and the Nails dead-coloured and hooked :

To which also may be added,

That Countenance called *Hippocratical*, or the very Image of Death ; viz. The Face dead and pale, the Eyes sunk, the Nose sharp, the Cheeks hollow, the Temples fallen, and the whole Body thin like a Skeleton.

A Fluxion of whatsoever kind from the whole Body into the Breast, is much more dangerous than one from any particular Part.

A Fluxion from a Stagnation, or a diminution of the Blood's Motion near the Heart, is more dangerous than from one in more distant Parts.

There

There is less Danger from Blood gushing by fits into the Breast, than when it flows slowly and constantly ; for though there is a greater Flux upon a periodical bleeding, yet there is a time of Resection.

Extravasation of Blood from Redundance and Tension is much more easily cured, than one which arises from its Distemperature and Acrimony.

There is greater Danger to the Lungs from the Pressure arising from an Obstruction in the Liver, than a Regurgitation from its Vessels.

If a spitting of Blood is critical, and from Translation, it often goes off with Safety and Advantage.

Of those Persons who have had the Pulmonary Vessels continually enlarged by the protrusion of Blood and Viscid Matter, accompanied  
with



with an *Asthma*, admitting of no Remissions, almost all either by a Rupture of the *Viscus*, have thrown up Blood into the *Trachea* mixed with Filth, or have died with a sudden Aggravation of the *Asthma*.

In all Fluxions, if upon the use of Remedies the Intervals are lengthened and the Paroxysms remitted, it promises Recovery, and *vice versa*.

A larger Intermission between milder Fits is yet more encouraging.

Phthysical Patients bear a long time, and easily, the Afflux and Transition of soft watery Moistures; but of bilious Humours very ill, and for a little time, but with a Pertusion of fœtid Viscidities they are immediately destroyed.

From a Suffusion there is the greatest, but from an Instillation the least Danger.

Those

Those who are crooked or have had Limbs cut off, are most subject to Fluxions, and most in Danger from a *Phthisis*.

After Blood-spitting is over, if the Lungs are less sensible, or the sluggish Tone of the Parts do not readily throw off the Relicks, the Putrefaction of that, with the Substance of the Lungs themselves, will endanger a *Phthisis*.

A free Respiration, an appeased Cough, and a continuance of Strength after Bleeding, are Tokens of good ; and *è contrario*.

If after Blood-spitting there succeeds a Spittle that is roapy, blue, and light, and if it continues, it foretels a return of the Hæmoptoe in young and hot Constitutions ; but if purulent, a *Phthisick* both to young and aged ; if none at all, *cæteris paribus*, it denotes Recovery.

Blood-

Blood-spitters are most incommoded by Frost, Snow, and Rain.

The *Bronchia* are least obstructed by an extravasated Blood that putrefies more by a nutritious Juice when it grows fizy, and most of all by Phlegm falling down the *Trachæa*, if it be digested into a tough Viscidity.

Lastly, If the Organs of Respiration retain upon them obstructed Matter of any kind long, it forebodes a difficulty of Cure.

That *Languor* which slowly steals upon consumptive People without any decay of the Lungs, or other *Viscera*, is to the *English* most dangerous; and unless Remedies immediately take Place, (which they seldom do) is mortal.

A *Phthisis* which sinks a Person on a sudden, and especially with an invincible Coldness of the Feet and extreme Parts, is most dangerous,



rous, although it does not so grievously affect the Lungs ; for it is a Symptom that the nutritious Juice is very much distempered, and of a Prostration of Spirits from thence.

Those consumptive Patients are in a most despicable Condition who have stony and bony Concretions of very unequal Surfaces lodged upon their Lungs.

They are most in Extremity and Danger who have been accustomed to Junkets and hard Drinking, if they are seized with such a *Phthisis* as produces a *Langnor*.

A great and continual Flux of Matter upon an eroded Part is dangerous ; for internal Ulcers are seldom cured when they ouze out a great deal of Filth, as those externally hardly ever are healed.

Tender Constitutions, although they sooner droop and languish,  
they

they however soonest feel the Benefit of Remedies, so that they be timely applied at the beginning of the Disease.

They who are enclined to a *Phthisis*, and frequently spit insipid, are longer in wasting, altho' from the beginning their Lungs were touched.

They who have received an indelible Impression of a *Phthisis* from their Parents, altho' they cannot be restored, yet they will wear a while.

All phthifical Patients fare the better for bleeding frequently at the Nose, if it is not immoderately.

If there be a Suffusion of Blood at the same time from the Nose, as there is from the pulmonary Artery, it is less dangerous than from the Artery alone.

If after a protracted *Phthisis* there sets in a white Flux, it is fatal.

If

If an *Ephamera*, or an *Hætick*, often return at unequal Periods, it forebodes a bad Event to phthifical Patients.

When phthifical Patients are greedy of Food, and receive no Strength from it, they are to be given over, for it indicates that the vital Nectar is turned into an eroding Fluid.

If a *Phthifis* comes upon a grown Virgin who hath not yet had the *Menses*, and they are thrown upon the Breast, it occasions a most grievous Change for the worst, a sudden Wasting, and a fatal End.

A pinching in of the Nostrils, and a straitness and sinking in of the Breast, if they come of a sudden, foretel the Patient's immediate Death.

Œdematous Tumours of the Feet in those who have been long ill with the Distemper, are fatal.

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They



They almost all die who fall into malignant and putrid Fevers from the taint of that Matter which lodges in the Breast.

They who have Relief in Respiration from Remedies, or a change of Air, feel themselves enlivened and gather Strength, their Colour grows florid, and Health returns, with a re-kindling of the vital Heat all over the Body.

When in phthifical Patients Catharticks discharge plenty of a slimy and brackish Filth, the Breast is greatly relieved, and no small Hopes are given of Recovery.

If the more attenuating Pectorals and things which stimulate, are given to such as have been long ill of a *Phthisis*, without exciting a Cough, it is a fatal Sign.

If by the assistance of Art, the Spittle which was variegated, be brought to one Colour, if from muddy

muddy it becomes depurated, if from an unequal Consistence it becomes smooth, if from saline, insipid, from stinking, without any Scent ; and if lastly, it comes up easily, it is a Sign of Recovery.

*How to use the Non-Naturals.*

It is not possible to give any Rules relating to Medicine or the manner of living, that will hold in the general ; but from a Consideration of every Patient's Constitution, of the Cause of the Disease, and the Nature of the Part affected, a Judgment is to be made. To dry and indurated Lungs, that Air, or that Exhalation from Earth and Water, may best agree that is cool, moist, and thick, as likewise a black clay Soil, and low Grounds ; but a warm, thin, and dry Air, a sandy or chalky Soil, and hilly Country, is best for a flaccid and tender

Constitution ; and between both these Extremes for a middle Disposition. And lastly, when a Person cannot change his Situation, by what Artifice his Abode and Lodgings may be regulated according to particular Steams and Vapours, shall be particularly explained.

It is also impossible to give general Rules with relation to Meats and Drinks, because the Strength of the whole Body, and particularly the Stomach, the Custom of the Patient and Circumstances of Years, Days, and of the Distemper, are to be weighed with great Exactness. A Food that is of easy Digestion and Nourishment, is much most suitable for weak Persons, and at their first Indisposition such Liquors as are most diluted and least spirituous. It is necessary therefore here to refer

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the Reader to that medicinal Diet which I have hereafter particularly described, with due regard to all necessary Circumstances.

It is proper to limit Sleep to a due Measure in all Distempers, but much more in those who regard Respiration : As a Defect of this does commonly induce a general Colliquation, so its Excess does by a Regurgitation of Matter, bring on a Difficulty of Breathing, and a mischievous Waste upon the Part where it settles.

And I have advised for this purpose *Hypnoticks* mixed with *Cardiacks*, tho' but rarely, and only in a *Languor* of the Spirits, and this in order to avert those dozy Sleeps which are very dangerous. But this Caution is to be observed, that where there is a cold Temperature of Blood, and a viscid Consistence of such Juices as are drained from

it into the *Thorax*, the Sleeps be short, and the Exercises encreased, and where Heat with Bile predominates, that Sleep be indulged, and Exercise gentle.

Venery must be very sparingly allowed, unless the contrary be indicated by a sanguine, turgid, hot Constitution, which crouds the Lungs with a Redundance of Humours. The Cause therefore of such Heat is accurately to be inquired into and distinguished. For Blood that is heated by a saline irritating Quality in the Seed, is not to be so managed, nor that which is crude and less exalted. To such Plenitude only, and its subsequent Heat, may be allowed the Use of Venery, where it cannot be altogether omitted; but this seldom is the Case of Persons inclined to the *Phthisick*: For to all People, especially consumptive,  
this

this Exercise does not well agree, unless where Sleep does follow, whereby their Strength may be renewed, and the Hurry excited by such an Emotion, may be tempered and asswaged.

Nor is it our Business here to prescribe Rules of Exercise suitable to every Case ; it must suffice therefore in general, that the most proper times for Exercise are farthest from Eating, and most remote also from critical Hours ; for these are the most suitable to all, except those only who are under an Atony or Dulness of the Organs of Respiration, because whatsoever is at these times thrown upon the Lungs from the Blood, will more easily be expectorated ; and this will be more effectual also if Sweat can be raised at the same time, and which, when the Strength will bear it, I have known do Ser-



vice, if practised through the whole Course of the Distemper. But if we would protract this Evacuation, such Sweat should be cautiously raised, that at the Beginning the whole Superficies may equally transpire.

In the Motion and Measure of such things as are excreted or retained, both Reason and the Physician dictate, that they ought to be equal to the Strength and Times destined by Nature : Nor in this Case will a small Attention to Custom and the manner of living suffice. And as for what concerns the Blood extravasated upon the Lungs, it is requisite to remove it as soon as possible, but for the most part not too hastily, lest Nature be irritated too much. Let this therefore be a Rule, that the proper Opportunities of Ejection are to be discovered always from  
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from the skilful and cautious Administration of Medicines and the Non-Naturals. How Remedies contrived for Evacuation are to be varied according to Circumstances, whether *Catharticks*, *Pectorals*, *Sudorificks*, &c. we shall now enquire.

*Rules for Evacuation.*

The morbid Matter that vexes phthifical Persons, from whatsoever Causes it arises, is to be gently drawn away by Stool, only by the lesser Purges, with which may be mixed *Cardiacks*, and things that restrain Putrefaction.

The most convenient time of Administration is while the Distemper is young, at the time of going to bed, and omitting Supper that Evening, and with which the Body may be moved two or three times next Morning, from  
whence

whence there will be none, or very little Waste of Spirits. I have found this way answer with most Success, when the Patient gets a Stool by next Morning before Day, and between his Sleeps. But it is by no means to be often repeated, unless a viscid Mucosity and a brackish *Serum* abounds so much in the Excrements as to indicate any farther Administration.

They who have a firm Flesh and more contracted Pores, easily bear the Operations of Catharticks, and such an Evacuation by Stool, is principally to be ordered at the beginning of the Disease by way of Revulsion ; but in slender Habits that throw out no Loads of Phlegm and serous Filth, Purging is by no means to be medled with.

While salt Rheum flows from the Head, Catharticks must be omitted. lest they divert it into the Breast ;



Breast ; and at such times I have always found Sudorificks to be of more Advantage. To Patients of a more gross and bulky Habit, or those who have received Injury in the Lungs by Congestion, gentle Purges mixed with Turpentine, and continued some time, do great Service ; but to thin and bilious Constitutions, or such who are apt to have their Lungs affected by Fluxions, Medicines of *Cassia* are preferable ; but they also are to be long continued.

If the critical Hours of Excretion, especially those which happen daily, are prevented, and the Lungs grow burthened, there becomes a much greater Necessity for Evacuation or Revulsion.

Gentle Purges are to be prescribed, not only in the Spring-time, or when the Sun is in *Aries*, to those who have Catarrhs, but they  
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are to be used more frequently in *Autumn* and *Winter* ; for the corroding and sharp Humours then most regurgitate, from a greater Contraction of the Pores. Those who are over-watchful require the frequent use of Lenitives, and *Hæmorrhages* at the Nose in such Persons are rather to be indulged, than suppressed.

Purges are to be laid aside when Expectoration is required.

### *Rules for Expectoration.*

Remedies of a hot Nature are not to be administered to bilious Constitutions, and Patients of a spare Habit ; nor at the first Appearance of Symptoms, nor to those under wasting Defluxions. For things of this kind are mostly suited to those whose Organs of Respiration are of a cold Temperature,

rature, and a lax Tone ; as also to those who are much incommoded by a Congestion of Humours.

A Physician ought to continue the Use of deterfive Pectorals (if possible) till the Spittle acquires its due Colour and Consistence, sometimes interposing with gentle Purges, and often with Sudorificks ; but the due Incorporation and Maturation of the Blood and Juices must be followed till the Distemper quite disappears ; for the natural Tone of the *Viscera* will be recovered and confirmed by these Means.

Those detergent Pectorals we have found to be most advantageous which are prepared of Fir, Pine, and Turpentine.

Sharp and stimulating Medicines are to be given only to sluggish Constitutions, who for that Reason



son bear with Congestion (Collection of Matter) too well ; but to these they are to be given by Intervals ; that is, such Intervals as require them, for the fore-mentioned Medicines are to be administered through the stated Course of the Disease.

A Physician ought not to be deceived with the first Flatteries of a Recovery, altho' there seem to be a perfect Restitution, for it is most safe to continue Means some time after a Restoration of Health, for fear of a Relapse.

Expectoration is to be promoted only at the daily critical Hours by Lenients, because at those times Nature assists in their Operation. And that Expectoration may then go on to Advantage, the extreme Parts, and especially the Feet, ought to be kept warm ; and to promote the Morning Sweats of  
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those Parts for an Hour daily, is of the utmost Advantage.

If in the day-time the Spittle is depurated, although in the Night it is discoloured and ill-conditioned, there is nothing to be feared: For its being white and duly digested in the Day promises a return of Health.

### *Rules for Sudorificks.*

Sudorificks are familiar to all, in a particular manner appropriated to the Breast, and are found to be of singular Service at the first Appearance of a Distemper.

If Sweat rises of its own accord during Sleep, about the Region of the *Thorax* only, from an obstinate Infarction of the *Bronchia*, as it often happens, it ought to be promoted several times by Art all over the Body, in order to promote a uniform

form Circulation, without which no one can continue in Health.

Sweats are very often prescribed to phthifical Patients of a cold Temperament; and in such also it is diligently to be endeavoured to dissolve those viscous Humours which clog the Breast and Wind-pipe, and help forward their Expulsion.

Gentle Morning Sweats drawn out only for Breathing, are greatly to Advantage, if they are long continued.

Sudorificks are by no means to be ordered in an inveterate *Phthifick*; for in such a state of the Disease, altho' they are of Service to remove the present Evil in some measure, yet they are mischievous in aggravating the Hectick Paroxysm.

They who have a Burning, Pimples or Tetters upon the Skin in  
Autumn



Autumn and Winter, which often happens, should use frequent Sweating, and it will always do them good, if they can bear with it.

If the Cough is abated by Sweating, and the Appetite raised; it is more boldly and more frequently to be repeated.

If the Sweats are brackish, which is easily known when the drops fall over the Lips and vellicate the Tongue, as it presently happens to do, then they are often to be repeated ; but when the Blood desists from throwing off such Particles, this Method is to be abated, and at last quite discontinued.

There is no occasion to despair, if there be no *Pus* or *Sanies*, or Spit-  
tle savouring like a rotten Egg appear during the time of plentiful Sweating, altho' the Cough continues still violent, for that will

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gradually wear away by the fore-mentioned Method.

*Rules for Issues.*

I shall add nothing on this Head, but that if the Physician prescribe Peas to be made of Orris Root, the Matter which discharges from an Issue will be of a Violet Scent, and very grateful to the Smell.

*Rules for the use of Suffumigations  
and Vapours.*

The more common Steams and Vapours in Use are detergent, and are used at proper Intervals; there are also others more rich and drying, which are to be used leisurely as strengtheners of the Parts; and lastly, there are milder, which are drawn in instead of common Air.

Vapours are chiefly accommodated to Patients of a more dry  
Tem-

Temperature, and I have known them to be greatly serviceable at the beginning of the critical Suffusions that return every Day. But of what kind soever Suffumigations and Vapours are, they ought to be received wholly into the Organs of Respiration, and instead of the Air itself, either in a Closet or a Bed-chamber, the Windows being close, that all cold Air may be kept out, and the Patient is to remain there a good while; otherwise they will be of no Effect.

The Reception of a Steam into the Lungs is at first very troublesome, though afterwards it grows more easy when the deterfive Quality is over, which is soon.

Suffumigations are not to be administered immediately upon an Erosion of the Vessels, or the *Parenchyma* of the Lungs; but fourteen Days at least after the spitting of Blood,



nor before any periodical Suffusion, especially of a large Discharge, but two days at least after the Collection or Fluxion is perform'd.

While the *Parenchyma* of the Lungs is filled with distempered Juices, the stronger Suffumigations are by no means to be used, but the milder sort are not to be omitted at such times.

*Rules in contraindicant Symptoms.*

If a Case is complicated, as for Instance, when a Flux, and Congestion, and Putrefaction at the same time appear, a due Succession or Mixture of Remedies is to be applied at the proper Intervals.

With due regard to each, a hasty Suffusion of a brackish Humour is most to be taken Care of, because there is danger of a great deal of Mischief from it.

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That the Crasis of the Blood may be restored, spirituous Remedies are sometimes to be used: But if there is a Hæmorrhage at such time, it is necessary that the Body be kept open.

If the Head distils down into the *Bronchia*, or if the Liver or Spleen at the same time threaten the Lungs, the same Regard ought to be had to either.

It is in vain to solicit the Expectoration of congested Matter, unless the Flowing or Suffusion be intercepted, and turned another way.

If the Stomach is cold, and the Lungs hot, it is proper to drink such things as are *actually* moderately hot, but such as *virtually* will assuage the Heat of the Blood and Lungs.

*Rules for Cloathing.*

In order to keep the Pores moderately open, the Patient ought to wear thicker Cloaths, or more Garments, whereby the lax Skin may be guarded from the Pressure of the cold Air, and the Protrusion of the Blood inwardly, whence there is Danger of a returning Extravasion.

To such as are thin and shrunk, instead of the Linen which they wear next the Skin, let such put on the same things made of fine Woollen, such as is called Flannel; nor are these to be often shifted: By this means the Steams or Spirits of the Blood will be retained, and not being open to the Air, will be less wasted by it. Amongst the Woollen Coverings, they seem to me much best which are made from the Wool  
that



that grows on the Flanks of the Animal.

*Rules for Exercise.*

The daily Motions of the Body are chiefly to be considered, and at the first Accession of Symptoms, all Exercise ought to be moderate, (especially to Patients of hotter Temperature and thin Habit) and such as are chiefly procured by the stirring of the lower Parts; for we must justly condemn all violent Motions at that time, especially of the upper Parts, or the occasion of too much Heat. But more brisk Exercise that opens the Muscles of the Breast may be sometimes advised to those whose Organs of Respiration are of a relaxed Tone and cold Temperature, as drawing the Bow, Exercise of the Pike, &c.

*Rules for the Body's Posture.*

The manner of lying in the Night and sleeping is by no means to be neglected. Lying on the left side is most hurtful to those who have their Lungs burthened by a thin Suffusion, and they who lie on their Backs are most incommoded, if they are offended by a Distillation : But if an Infarction is occasioned by a Suffusion of a fizy Serum, stagnating without the Vessels, an erect Posture gives most liberty of Breathing. Lying on the Back is most suitable for those who are very weak, but it is not to be permitted long together, unless Care be taken against Distillation or a Catarrh.

*Rules for Phlebotomy.*

This one thing only I think necessary to add on this Head, to  
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the Rules already laid down in the *Introduction*, viz. Where there happens to be a large Effusion of Blood (lest the Spirits should be too much wasted, and the Surgeon blamed) an Instrument may be made after the following manner, whereby in the same Day several Quantities may be taken away.

(Here is described a Silver  $\square$  Pipe to put into a Vein, and  $\frac{1}{a}$  continue there till the whole Quantity desired is taken away, stopping it at convenient Intervals, but so Lamely as not to be worth deciphering ; and every one may easily imagine such a Contrivance if they please to use it.)

There may be various Instruments of different Magnitudes, proportioned to the Vessels to be cut.

Let not the Parts be tied, as the Surgeons customarily do, but their Heat promoted, so that the Blood  
does



does not coagulate, and none but the thinnest Blood will this way come out of the Orifice.

The last Sign of fatal Import is when the Strength is not sufficient to co-operate with and assist the Intentions of Medicine : For so long as the Strength continues tolerable, let the Physician visit, if the Patient will comply with Directions, furnished with all possible Helps, accommodated to every Case and Symptom, and with good Hope expect Success ; for all whatsoever, by help of the following Prescriptions, administred with due Care, may be either restored to present Health, or a longer Enjoyment of Life. Which whole Affair is managed under this twofold Intention ; the first is concerned about the Blood and animal Juices ; the second about the *Viscera* and solid Parts. The first  
Symp-

Symptoms demand the first Regard.

1. The circulating Liquors are to be diminished by evacuant Medicines.

2. Their Afflux is to be hindered and diverted.

3. Fluids wherein is a Saltness or Acrimony, are to be sweetned and corrected by Medicines, and a Diet abounding with a smooth Juice.

4. Exhausted Juices are to be recruited, and the Strength to be restored by *Analepticks*.

Evacuant Medicines include Phlebotomy, Issues, Hydroticks, Causes of Interception and Revulsion; every one of which respects the first Appearance of a Disease, or Symptoms of the first Order.

After therefore the Blood hath at several times been let out of a Vein that is most turgent, first in the Arm, and then in the Foot, if  
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an Hæmorrhage indicates, or there is an Obstruction of the *Menses* ; and after the Application of Leeches to the hæmorrhoidal Veins, not omitting Frictions of the extreme Parts, even to a compleat Revulsion (in the Prosecution of which breathing Sweats are also to be carefully ordered) a Physician must then apply himself to root out the primary Cause of that Evil which hath impressed its Taint upon the whole Mass of Fluids. And this is done first by gentle Purges, which are either Simple or Compound.

The Simple are, Cassia Fistula, Manna, Rhubarb, Damask Roses, Agarick, Mechoacan, Mountain-Flax, and Turpentine.

The Compounds are Lenitive Electuary, Electuary with Raisins, Simple Diaprunum, Diacassia with Manna, and Diaspermaton, Solutive Syrup of Roses, Syrup of Rose Juice,



Juice, Syrup of Violets, of Peach Blossoms, of Apples, Purging of English Rhubarb, Solutive of Violets, and Honey of Roses.

From some of which, with others mixed according to Art, Medicines may be compounded; as,

Take Liquorice Root rasped ʒji, Nettle-tops, Marsh-mallows, ana P. 1. Tamarinds ʒi dried Rose Flowers P. 1. Coriander Seeds ʒß; boil them gently for half an Hour, in a sufficient Quantity of Whey, to strain off ʒiiijß; to which add Manna ʒi or ʒx to make into a Potion, frequently to be repeated.

Or for more robust Persons,

Take Marsh-mallow Root ʒiiij, Leaves of Mountain Flax Mß, Arch-Angel Flowers P. 1. Sebestens N° v. Coriander Seeds ʒß let them stand warm two Hours, then gently boil them for half an Hour in a sufficient Quantity of Barley or Endive

dive Water, in which hath been infused warm for three Hours of Rhubarb ℥iijss or ʒi ; to the strained Liquor add purging Syrup of Apples ʒi and make a Potion : Or,

Take Cichory Root ʒiij, Bugloss Leaves Mss, Burrage and Mallow Flowers ana P. 1. Endive Seed ʒss, Fenel Seed ʒi, Sena ʒijss, boil them in enough of Plantain Water to strain ʒiiijss, to which add Manna ʒv, Syr. of Peach Blossoms ʒv, and make a Potion. Or,

Take of Water-gruel in which Prunes and Coriander Seeds have been boiled ʒiij, and Manna dissolved in Citron or Orange Juice ʒiiss, which will make a most grateful Draught.

*A Magisterial Syrup, by which the Blood is admirably cleansed of its salt and sharp Humours.*

Take of Bugloss Leaves, Fumitory,

tory, Hops, Cichory, Endive, Agrimony, and Plantain, of each Mj, Tops of Asparagus, Vervain, and Eye-bright ana M<sup>ss</sup>, Seeds of Pumpkins and Melons ana ʒss, Seeds of Dodder and Endive, ana ʒij sliced Liquorice, and Raisins ana ʒi, Prunes N<sup>o</sup> vi, Sena ʒiiij, Polypody of the Oak ʒij, Agarick put into a thin Rag ʒvj, Mace, the three Cordial Flowers, Citrons ana P. j. boil them in a sufficient Quantity of Spring Water to ʒbjss; to which add of the most fragrant Cyder ʒiiij, fine Sugar ʒbj ʒiv, boil it into a Syrup, and aromatize it with yellow Saunders, as also in the boiling suspend of Rhubarb ʒi bruised and tied in a thin Rag. Its Dose is from ʒi<sup>ss</sup> to ʒij. Or,

Take of the *Electuarium Passalatum*, or of Lenitive Electuary ʒv, Pulp of Tamarinds ʒjss, Powder of Coriander-seeds ʒj, make an Electuary  
with



with a sufficient Quantity of Syrup of Violets, to be taken a good while distant from Meals. Or,

Take Manna  $\text{ʒx}$  or  $\text{ʒjss}$ , Pulp of Tamarinds,  $\text{ʒij}$ , Powder of sweet Fennel-seeds  $\text{ʒj}$ , with a sufficient Quantity of Syrup of Marsh-mallows, or Violets, made into an Electuary.

Take of fine Rhubarb powdered gr.  $\text{xxv}$ , Pulp of Tamarinds  $\text{ʒij}$ , Coriander-seeds powdered  $\text{ʒj}$ , make into a Bolus with a sufficient Quantity of Syrup of Peach Blossoms. Or,

Take Pulp of Sebastians  $\text{xvij}$ , Lennitive Electuary  $\text{ʒiij}$ , Pulp of Tamarinds  $\text{ʒj}$  Powder of Coriander-seeds  $\text{ʒj}$  make into a Bolus, with a sufficient Quantity of Syrup of the Juice of Citrons.

Then must be attempted the Discharge of a sharp *Serum* by the Ureters, as also a softening of the whole Mass, and a Reduction of it to its natural Consistence.

To

To which purposes are suited the Roots of Comfry, Marsh-mallows, Asparagus, Strawberries, Liquorice, Pimpinell, Water-Lillies, the Leaves of Endive, Nettles, Garden Solanum, Marsh-mallows, Lettice, Purslain, Sorrel, Plantain, Money-wort, Meadow-sweet, Meadow Trefoil, Strawberries, Slows, Bugloss, Five-ribb'd Grass, Pellitory of the Wall, Shepherd's Pouch, Knot-grass, and Myrtles.

*Flowers*; of Mallows, Red Roses, Poppies, Arch-angel, Beans, Marsh-mallows, Blew-bottle, and the tops of Fir and Pine.

*Fruits*; Pears, Apples, *Spanish* Prunes, as also those from *Italy*, and such as ripen with us; Cherries, Services, Hips, Quinces, Dactyls, Sebestens, Jujubs, sweet Almonds, Mulberries, Dewberries, Blackberries, and both kinds of Strawberries.

*Gums*; *Acacia*, Dragon, *Arabick*, and Tears of the Peach Tree.

*Barks* ; of the Bitter-sweet, or Dulcimara, and of the Pine.

*Woods* ; of *Brasil*, Saunders.

*Animals* ; Snails, Frogs.

Snail-water, as also their Decoction and Dissolution, Water of Frogs Spawn, Milk, Whites of Eggs, Plantain, Purslain, red Poppies, Lettice, Water-Lillies, Endive, Nettles, Barly-water, and Whey.

### *Compounds.*

*Syrups*; of Purslain, Water-Lillies, Mucelages, Comfry, Jujubs, Poppies Simple and Compound, dried Roses, Coral, Juice of Oranges, Juice of Nettles, Marsh-mallows, Juice of Plantain, and Flowers of *Acacia*.

*Preserves and Gellies* ; of Quinces, Pears, fragrant Apples, Slows, Raspberries, Gooseberries, Hips, Mul-



Mulberries, Cherries, and Strawberries.

*Conserves*; of Cichory Flowers, Wood-sorrel, *Archangel*, red Roses, Water-Lillies, Comfry, and Slows.

*Analeptick Antidotes*; Marmalade, Sugar of Roses, and Diapendion, without the Species.

Species Diatrag. frig. Diamarg. frigid.

Pulvis *Haly Abbatis*.

Troches of Diatrag. frigid.

Troch. *Bechici nigri*, *Gordonij*, *de Spodeo*, *de Carabe*, *de Santalis*.

Out of these a great plenty may be compounded.

*A Sanative Water.*

Take *Brasil* Wood ʒiʒ, red Saunders ʒij, Comfry Root ʒvj, *Solomon's Seal* ʒij, Leaves of Moneywort, Shepherd's Pouch, Slows, Strawberries ana Mj, the tender Leaves of Adder's Tongue Mʒ, of

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Pim-

Pimpinel and Tormentile ana Mss, Flowers of *Arch-angel*, Lungwort, Bugloss, Marsh-mallows, Blew-bottle, Field Poppies, ana Mss, Seeds of Myrtle, Endive, Mallows, Quinces ana  $\text{ziii}$ , Seeds of white Poppies, Bole *Armenian* ana  $\text{ziss}$ , Sealed Earth, Blood-stone ana  $\text{ziiss}$ , rasp, cut, and bruise them; and after reducing them to a gross Powder, infuse them for eight Days in the Juice of wild Pears, Plantain, Purslain, Canary ana  $\text{ssij}$ , Juice of unripe Medlars  $\text{ssij}$ , and then distil them in *B. M.* to make a Water for a Vehicle to other Medicines.

### *Lime Water.*

Take of the greater Comfry, Knot-grass, Plantain, Pimpinel ana Mj, macerate them with Quicklime, and after they are thoroughly dry, put them into common Water

ter so that they make it thick, which must remain for three Days, and be often stirred, which afterwards let settle in a cold Cellar, so that the clear may be poured off by Inclination. A Patient that spits Blood may drink ℥vj of this for four or five Mornings together, and it will hardly fail of Success, even in dangerous Cases.

*Tincture of Armenian Bole.*

Take of the finest Bole from *Armenia* ℥iij, red Coral ℥jss, Bloodstone ℥ss, let them be all finely powdered and infused for fourteen Days in a sufficient Quantity of Spirit of Comfry made according to Art, in which space they must be often stirred, and there will become a Tincture; the Dose is from five to eleven drops in Milk-water, or that drawn from Frogs Spawn, or the White of Eggs. This Medicine

O 3                      will



will be yet more efficacious, if the Species which are ordered for this Digestion, be repeated three or four times.

*Decoction of Snails.*

Take Wood-Snails of a moderate size, N<sup>o</sup> xxx, sound fragrant Apples with their Rinds cut into slices, N<sup>o</sup> v, Prunes N<sup>o</sup> ix, let them boil for an Hour in a sufficient Quantity of Spring-water, and after the strained Liquor hath been clarified with the White of an Egg, it will be very grateful, and must be kept for Use.

Take of the Juice of the Root of *Solomon's Seal* 6 Spoonfuls, let it be put to the following Whey.

Take Leaves of Knot-grass, Pimpinel, Strawberries and Bugloss ana P j, boil them in enough Whey for three Doses, and let the Juice be put to it after it is fined only by standing.

Take

Take of Crusts of Bread ℥ss,  
Mace ʒiv, red Saunders rasped ʒij,  
Pulp of Tamarinds extracted with  
Syrup of Comfry ʒiv, boil'd in a lit-  
tle Water that it may just grow  
acid, and let it be for common  
Drink.

*An Infusion.*

Take Water of Lettice and Pur-  
slain ana ℥j, in which are infused o-  
ver a moderate Warmth for twelve  
Hours, of the best Liquorice ʒiv,  
Coriander-seeds ʒij; after it hath  
stood two Hours, let it be scum-  
med, and after it is finished, let the  
Patient drink of it frequently be-  
tween Meals.

*An Alterative Whey.*

Take of sound *China* Root thin  
sliced ʒiiij, yellow Saunders ʒiiij, let  
them steep all Night in two Gal-  
lons of Whey, then let them boil  
gently for three Hours, and to-

wards the End put in of sliced Liquorice  $\text{ʒi}$ , of the Leaves of Trefoil and Marsh-mallows ana  $\text{Mß}$ , Flowers of spotted Lungwort, Burrage and Bugloss ana  $\text{P. j.}$  let the strained Liquor be clarified. *Solomon's Seal* boiled in Whey is of the same Virtue.

*Almond Milk.*

Take of Sweet Almonds soaked in cold Water and husked  $\text{ʒiiij}$ , Melon-seed in like manner decorticated  $\text{ʒvj}$ , and make an Emulsion, by pouring upon them a sufficient Quantity of Rose-water. If the Patient is restless in the Night, add about  $\text{ʒiiij}$  of White Poppy-seeds.

*A Julep.*

Take of Milk-water, Water of the Whites of Eggs, of the Juice of Purslain, all drawn off in Glass Instruments, ana  $\text{ʒiiij}$ ; let them be gratefully sweetned with P. E. of Syrup



Syrup of Coral and Quinces, so as to make a Julep, &c. Or,

Take of the *Julapium Alexandrinum*  $\text{z}\text{v}$ , Milk-water, Frog-spawn Water, and Plantain Water ana  $\text{z}\text{ij}$ , Syrup of Purlain, of Field Poppies, and Juice of Oranges ana  $\text{z}\text{iss}$ , make them into a Julep.

*An Hypnotick Draught.*

Take Milk-water  $\text{z}\text{iijs}$ , of red Roses  $\text{z}\text{ss}$ , Syrup of Meconium  $\text{zv}$ , of Coral  $\text{zij}$  make into a Draught. Or,

Take of solid *Laudanum* gr. ij, red Poppy and Plantain-water ana  $\text{zij}$ , Syrup of Coral  $\text{zv}$ , make into a Draught.

The Juices of Plantain, Oranges, Nettles, and Purlain are also of Service ; but if they cannot be had, their Syrups may be substituted, but they are more disagreeable on account of the Sugar, as are likewise Eclegma's and Confections.

*An*

*An Eclegma.*

Take fine Sugar, Penidies, Marmalade ana  $\text{ʒvj}$ , *Armenian* Bole  $\text{ʒiʒ}$ , Blood-stone  $\text{ʒij}$ , Starch  $\text{ʒiiij}$ , the White of one Egg ; let them be very well incorporated with P. E. of Syrup of Coral and Juice of Plantain into the Consistence of a Lohoch.

*An Electuary.*

Take Conserves of red Roses, Comfry, and red Poppies ana  $\text{ʒi}$ , *Armenian* Bole  $\text{ʒʒ}$ , Seeds of Hen-bane and white Poppies ana  $\text{ʒij}$ , Troches of sealed Earth, Species Diatrag. frig. Diamarg. frig. ana  $\text{ʒʒ}$ , red Coral prepared  $\text{ʒi}$ , let them be made into an Electuary with Syrup of Poppies ; a Dram of which is to be taken in the medical Hours.

*A Confection.*

Take of Conserved Apples  $\text{ʒij}$ , of Hips and Marmalade ana  $\text{ʒj}$  ; and let it be made into a Confection to be eat after Meals.

*Tro-*

*Troches or Lozenges.*

Take Pendies  $\text{ziss}$ , Sugar-candy  $\text{zss}$   
 Species Diatrag. frig. and Marsh-  
 mallow Seeds ana  $\text{ziss}$ , clean Extract  
 of Liquorice  $\text{zi}$ , *Armenian Bole*,  
 and Blood-stone finely levigated ana  
 $\text{zss}$ , make them into Troches with  
 a sufficient quantity of the Muce-  
 lage of Marsh-mallow Seeds, or of  
 Gum Dragon made in Rose-water,  
 which are to be held and dissolved  
 in the Mouth : And to these may  
 be added at Discretion  $\text{ziss}$ , or  $\text{ziii}$   
 at the most, of Hen-bane Seeds, to  
 be used chiefly in the Night ; and  
 they are very serviceable in quiet-  
 ing the Symptoms of such who  
 spit Blood.

*A Medicinal Diet.*

This is composed, at the first Ap-  
 pearance of bad Symptoms, chief-  
 ly of Roots, Fruits, and River  
 Fish ; afterwards the Flesh of Ani-  
 mals may be given to invigorate  
 the



the Blood's Tone, and soften its Consistence; of this kind are Veal, sucking Pig, Mutton, Lamb, Goat, Rabbit, Squirrel, Pullets, Chickens, Capons, Turtles, Blackbirds, Larks, and Pluver.

The more agreeable Fish are accounted the Pike, Trout, and Gudgeon, that haunt the Bottoms of gravelly Rivers, the Perch, Scate, Cod-fish, the larger and firmer Place, Soles, Scallops, Shrimps, or Sprawns, Crabs and Cockles.

*Roots*; Turnips, Parsnips, the paler and sweeter Carrots, Sifars, and shoots of Asparagus.

*Leaves*; Lettice, Endive, Purslain, Chervile, Burrage, Bugloss, and Sorrel.

*Fruits*; Pears, Pippins, Almonds, Oat-meal.

### *Their Preparation.*

The Roots, Sprouts, and Herbs being boiled tender, must be seasoned

soned with Butter, and a little Orange Juice, instead of Vinegar ; or a Soop may be made with the tender Shoots of Plants boiled and thickened with Oat-meal.

*Baked Pears.*

Take nine large Warden Pears peeled, of candy'd Comfry Root, and Lettices candy'd from *Italy*, sliced, ana ℥iiss, pour upon them Milk-water, or Water distilled in *B. M.* from the Juice of Plantain sweetned with Sugar, and then some Rose-water ; after which let them be baked in an Oven for Use ; after the same manner may Pippins be baked.

*The Method of Eating.*

The most simple Diet is most to be recommended ; but when there offers a Variety, chuse the more liquid at first, then Herbs and Roots, and afterwards Flesh. . By this means the more flatulent Sorts will

will easily discharge their *Effluvia* downwards ; but if they be taken in a Method reverse to this, they will distend the Stomach, and offend the Head.

*The rendering of Food duly tender.*

All Meat is rendred more tender and soluble, and more wholesome (according to our Master *Galen*, *de Vict. rat.* c. 8.) if it be hanged up ten or twelve Hours, in some open Place, after killing it, and strewing upon it some Sprigs of Thyme or Marjoram, and Coriander-seeds, in order to dry up its superfluous Humidities. But that Custom is much to be condemned amongst some, who keep Animals under Ground several Days, where in growing tender they quite stink.

*The Choice of Diet.*

The musculous parts of Animals are preferable, but not of those that are too fat or too lean ; and  
altho'



altho' the Extremities of Quadrupedes, and Gellies made of them are ordered by some Physicians; yet as the Vessels emptying into the Breast are crouded, the small ones running through the whole Habit, by their Obstructions keep the Blood more redundant in the pulmoniac Vein and Artery (which is certainly the Case most commonly towards the Approaches of Death) such viscid and glutinous Substances are to be forbid through the whole Course of the Disease.

In the room of a Supper should be frequently substituted a Repast of baked Pears or Apples.

The Breakfast ought to consist of some Spoon-meat, in which hath been boiled Marsh-mallows and Nettle-tops.

Let the upper Orifice of the Stomach be restringed after every  
Meal

Meal with Preserves of Quinces, or the above-mentioned Confection, by which means there will be advantageously prevented a belching up of what has been received into the Stomach.

Small crumpling Quinces and Pippins, and all other sorts of luscious Fruits that are raw, ought to be rejected at the end of a Meal; but about half an Hour before eating, Substances loaded with saline Particles are found to be of some service, by impregnating the Blood in some measure, by contempering the Heat of the Parts, and by gently relaxing the Bowels.

The Drink must be unhop'd Ale, fine, and of a middle Age, and in which, instead of Hops, have been boiled the Roots of Comfry, Leaves of Endive and Purslain, the tender Tops of Marsh-mallows and Nettles, with sliced Liquorice, the  
I
outer

outer Peels of Pistachio Nuts and Coriander-seeds. After it has stood to fine down about fifteen Days it must be tapped, and every Draught of it heat with a red-hot Iron.

Or, a Drink may be contrived, most delightful to the Palate, if instead of Hops be boiled raspings of *Brasil* Wood, Leaves of spotted Lung-wort, Endive, Marshmallows and Bugloss, with the Seeds of Coriander.

Let all Drink before eating be diluted, if a spitting of Blood requires it, with a Spoonful or two of the sanative Water, or with the Juices of the forementioned Herbs depurated by standing.

To these Purposes it is thought that Milk does very much contribute, and every kind of it hath its Praises : But that it may be the oftner used with Advantage, and with less probability of its disagreeing,



greeing, its Whey altered, as above described is preferable. And it is better that this may be made without the help of any thing saline. As,

Take sowerish Milk and gently boil it with an equal Quantity of Milk new from the Cow, and keep its Whey for these Purposes, in which, if there be occasion, may be quenched a hot Iron.

Take Leaves of Purslain, Lettice, Endive, ana Mj, Liquorice sliced ʒvj, Anniseeds ʒiij, of the greater House-leek Mss, Flowers of Comfry P. j. and boil in the above-mentioned Whey.

A Whey is likewise very suitable that is made with the Juice of Oranges, or of Pippins, or of Wood-forrel, and in which Liquorice and Coriander-seeds have been a little time infused warm.

The Diet should be equally remote

mote from Extremes, whereby the Patient will much more easily go through any Exinanitions of the Vessels : For such a Food sooner running into Chyle, produces a Consistence familiar to Nature ; and from thence a good Blood will be elaborated ; and we judge of the Strength, which is the Physician's Guide and Support, more by a well concocted Blood, than a great Quantity of that which is crude or imperfect.

Shun all Meats that are spiced, smoak-dry'd, acrid, and briny, and such as in their Qualities exceed the natural Heat, as likewise are all those things to be banish'd out of Diet which are immoderately sweet.

Left the Blood should be too much diverted into the Breast by any attractive Power, all times of Vociferation ought to be forbid,

and in Excretions the measures of Nature are carefully to be followed, and should never be promoted without an Indication : For Nature, in the most perfect manner, perceives the Degrees of Maturity, and the Cause of an easy Expectoration is provided for in the *Bronchia* ; nor during this first Effort does there need any other Assistance. But if in the Morning an Irritation to expectorate is continued beyond Nature's Measure, it does a great deal of Mischief, by exalting too much the more subtile part of the Blood, and straining the Organs of Respiration.

The weary Members are refreshed by Sleep, whence the sharpness of the Blood is restrained and corrected, and the Strength is preserved. All Sweats, especially those in the Morning, are to be encouraged, which do Service, not only  
by



by a Revulsion from the oppressed Parts, but the whole Mass of Fluids being by such means quickned in Motion, they obtain a Sweetness and Perfection by throwing off their Salts. Let the Patient drink of the sanative Water while he sweats, sweetned with the Tincture of Coral, or Syrup of the same, or of Comfry, or the Juice of Nettles ; small Quantities of which may also be used in the Intervals betwixt Eating when the Sweats are off.

But if the Disease has been of long standing before the Physician is called, so that the whole Constitution for want of Spirits is overloaded with Phlegm, insomuch that it extravasates into the Breast ; or if it keeps its Circuit with the Blood, without any Symptoms of an Hæmorrhage (which often happens in old People) so as to threa-

ten a Defluxion into the Breast, by its Aptitude from Weakness for such Inundation, then Symptoms of the second Class appear, which require such particular Methods of Prescription, as follow.

*Methods respecting the Viscera, and Parts of Respiration.*

1. To remove the Burden from the *Thorax*, and Parts thereabouts.

2. To deterge by Art their foul Ulcers.

3. After deterging to heal and agglutinate.

4. If Agglutination cannot be obtained, the Flux of fresh Matter is to be diverted by Restrictants, and a *Cicatrix* to be procured, where the Lips of the Ulcer are duly deterged.

5. The Laws of Circulation are in every respect to be preserved.

6. Throughout the whole course  
of

of Cure regard must be had to the Evacuations.

The Burden is removed from the Breast in Patients of a more free Texture, by Medicines which deterge the Vessels, and procure an easier Motion to that stagnant Phlegm which endangers Putrefaction ; and this is done

1. By throwing it down by Stool.
2. Expecterating it by the Wind-pipe.
3. Exhaling it through the Skin.
4. By Digesting it, with a timely and proper use of Fasting.

*Examples of Simple and Compound Purges.*

Manna, Agarick, Mechoacan, Turpentine, *Ammoniacum*, Rhubarb, and Cassia.

*Compounds* ; Solutive Syrup of Roses with Agarick, Syrup of Cichory with Rhubarb, Syrup of Buckthorn.



The leffer bitter Electuary, the Raisin Electuary, *Hiera Picra*, Simple, and with Agarick; the greater compound Powder of Sena, Pill Macri, Mastich, Stomach, common, and with the Gums, of Amber, *de Tribus* of *Fernelius*, of Birthwort of *Fernelius*.

But if the Stomach, which is the first Office for Nourishment, is overburdened with Phlegm and Crudity, from which the Breast also most commonly suffers, every other Day it should be cleansed with Oxymel, or Honey of Squills, or *Quercetans* Syrup of Tobacco, or with one, and that a moderate, Dose of the *Vinum Benedictum*, worked off with quick Draughts of Posset-drink, or pectoral Decoction, And altho' from the use of these there arises a very plentiful Vomiting, which the common People have a frightful Opinion of, yet a prudent and courageous Physician will

will not be deterred by their Prejudices, when he finds in the beginning of the Distemper Nature indicating and forwarding such Operations; and afterwards recourse may be had to more gentle Means: As,

Take of pectoral Decoction, in which hath been infused  $\text{z}ij$  of Sena,  $\text{z}iv$ , and steep in it warm for three Hours Troches of Agarick  $\text{æ}ij$ , Ginger  $\text{ʒss}$ , and to  $\text{z}iiij$  of the strained Liquor add Manna  $\text{z}j$ , Spirit of Sulphur gut.  $iiij$ , make into a Potion. Or,

Take candied Elicampane  $\text{z}iiij$ , Colts-foot candied  $\text{z}ss$ , Leaves of Moufe-ear, Maiden-hair ana  $\text{Mss}$ , Hoar-hound, Hyssop, ana  $\text{P. i.}$  Flowers of Betony, Archangel, ana  $\text{P. i.}$  Raisins stoned  $\text{z}j$ , Anniseeds  $\text{z}j$ , boil them in a sufficient Quantity of Barley-water, then while it is hot infuse in the strained Liquor for  
three

three Hours, sliced Rhubarb ʒj, Schænanth gr. ix, then again strain ʒiijs of the Liquor, and with ʒvj of Syrup of Buckthorn make into a Draught, which is that of *Doncretius*; or let ʒij, or ʒijs be given of the Phlegmagoge Syrup, which is thus prepared.

Take Roots of Smallage and Asparagus ana ʒß, sliced Liquorice ʒj, Elicampane ʒij, Roots of Orrice and Male Peony, gathered in the wain of the Moon, and when the Sun is in *Pisces* ana ʒj, true *Calamus Aromaticus* ʒß, resinous Turbith Root ʒiiij, Ginger ʒvi, Galangals ʒiv, Sage, Vervain, Maiden-hair, Hyssop, Baum, Hoar-hound, and Agrimony ana Mß, Centaury Mj, Carthamum-seeds ʒiß, Fennel and Anniseeds ana ʒß, Flowers of Betony and Primroses ana Mß, *Arabian* Stæchas ʒij, the Cordial Flowers ana Mj, Prunes N° xxi, Raisins  
cleanfed



cleansed  $\text{ziv}$  ; cut, bruise, and boil them in  $\text{℥j}$  of Carduus Water, and a sufficient Quantity of Spring Water, that there may be pressed out  $\text{℥iv}$ . Then,

Take Troches of Agarick  $\text{zxxv}$ , let them be finely powdered, and made into an oblong Nodule with a thin Cloth, which boil in the fore-mentioned Liquor, after adding thereunto Cephalick and Pectoral Water hot ana  $\text{℥ss}$ , then let them stand in a warm Place and a close Vessel for a whole Night, and after just boiling afresh the next Morning, strain it and press out the Nodule very hard. Let the Liquor again pass *Hippocrates's* Sleeve, or if occasion be, clarified with the white of an Egg ; and to the Clarification add compound Syrup of Byzantine and Roses ana  $\text{zix}$ , fine Sugar  $\text{℥iiij}$ , and with a gentle Fire boil them into the Consistence of a Syrup, about  
the

the middle of which aromatise it with a Nodule containing of the aromatick Species of Roses without the Musk  $\mathfrak{z}\mathfrak{ss}$ , Troches of Roses  $\mathfrak{z}\mathfrak{j}$ , Mace  $\mathfrak{z}\mathfrak{ss}$ , and make into a fine Syrup, *S. A.* Or,

Let the Patient take of the bitter or raisin Electuary  $\mathfrak{z}\mathfrak{vi}$ , made into the form of a Bole, with Syrup of *Ammoniacum*. Or,

Take Turpentine washed in Anniseed Water and dissolved in the Yolk of an Egg  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , Anniseed and Coriander-seeds ana  $\mathfrak{z}\mathfrak{j}$ , make into a Bole with a sufficient Quantity of Syrup of Violets.

### *PILLS.*

Take of the Mastich and Amber Pills ana  $\mathfrak{z}\mathfrak{j}$ , and make them both into  $\mathfrak{iv}$ , which are to be taken at Night going to Bed ; or in their stead so much of *Hiera* Pill with Agarick. Or,

Take

Take Stomach Pills with the Gums, and Pill *de Aristoloch* of *Fernelius* ana ʒss, make into v or vi Pills, to be swallowed in the Morning. Or,

Take Species of *Hiera Picra*, with Agarick ʒss, the greater compound Powder of Sena ʒj, Turpentine washed several times in Hyssop Water q. s. so as to make into vij Pills for one Dose. Or,

Take Rhubarb in Powder gr. xxv. Species *Hieræ* gr. ix, Aloes washed in Rose-water gr. vij, Balsam of *Tolu* gr. ij, make them into v or vi Pills with Syrup of *Ammoniacum*.

*Simple pectoral Alterants.*

Roots of Elicampane, Horsehoof, Orris, sweet Fennel, Cecily, Scabius, Eringo, Pimpinell, Squills, Garlick, round Birt-wort, Scordium, the greater Burdock, Dragon, Turnips, Sifers, Avens, Hogs-fennel,



Fennel, Liquorice, Cuckow-pine, *Calamus Aromaticus*, and Ginger, when it is fresh, from *China* or *Bengal*.

*Leaves*; of Hore-hound, Ground-Ivy, Speedwel, Garden Lung-wort, Elder, Hyssop, Betony, Cherville, Calamine, Mouse-ear, Nettles, Anni-seeds, Money-wort, Meadow-sweet, Scabius, Colts-foot, *Rosa solis*, and the fine capillacious Herbs; to which may be added those Plants which have a peculiar Influence upon the Distempers of the Breast, viz. yellow Willow-herb, Adders-tongue, St. John's Wort, Tormen-tile, *Sanicle*, Golden Rod, Lady's Mantle, Yarrow, and the lesser Comfry.

*Flowers*; Scabios, Colts-foot, spotted Lung-wort, Betony, *Arch-angel*, Meadow Tre-foil, and Blew-bottle.

*Seeds*; of Annise, Fennel, Moun-  
tain

tain Oſier, Chervil, and Coriander.

*Fruits* ; Dactyls, the larger Raiſins, Currans, Figs, Piſtachio Nuts, Pine Nuts, and red Cicers.

*Aromaticks* ; Saffron, Caſſia-wood, Nutmegs, the exterior Peel of Oranges, of Piſtachio Nuts, and Cinamon.

*Parts of Animals* ; their Lungs, eſpecially thoſe of a Fox.

*Gums* ; *Ammoniacum*, Myrrh, Frankincenſe, Maſtich.

*Woods* ; Lentiſcus, Saunders, Saſafras.

*Earths* ; *Armenian* Bole levigated and waſhed with Roſe-water.

#### *Compounds.*

*Waters* ; from the Juices of the above-mentioned Plants, as alſo their Spirits and Tinctures.

*Tinctures* ; *Elixir Proprietatis*, Tincture of Sulphur.

*Oils* ; of Benjamin, Maſtich, Frankincenſe, Myrrh, Turpentine,  
I Sulphur,

Sulphur, Sage, Hyssop, Fennel, Aniseed, Sugar, simple and compound; with the Balsams of *Tolu*, or *Copivi*, of Sulphur, and *Lucatellus's* Opobalsam.

*Extracts*; of Cole-wort, *Jerusalem* Oak, Ground-Ivy, Orrice, Liquorice with Syrup of Erisimum, of Mouse-ear, Maiden-hair, Liquorice, Hyssop, *Ammoniacum*, Colts-foot, Horehound, Scabius, Cole-worts, simple and compound, Oxymel simple, and Honey of Squills.

*Loboch* ; è *Pino*, è *Pulm. Vulp.* and *Sanans*.

*Juice* of Liquorice simple and compound.

*Candied* ; Eringo Root, candied Elicampane, sweet Cecily, Fennel, and candied Colts-foot.

*Conserves* ; of Ground-Ivy, *Jerusalem* Oak, Speedwell, *Archangel* Flowers, Scabius, and Colts-foot.

*Sugar*



Sugar of Elicampane, and Pen-  
nedies.

*Electuarium Pectorale.*

*Species* ; Diar. S. Diatrag. cal.

*Fæcula* of Aran.

*Flowers* ; of Sulphur and Ben-  
jamin.

*Troches* ; Bechici alb. and Nigr.  
Diarr. Diatrag. cal.

*More compounded Medicines.*

Take Liquorice Root ʒvi, sweet  
Cecily ʒß, Orrice ʒij, Leaves of  
Maiden-hair, Mouse-ear, spotted  
Lung-wort, and Scolipendria ana  
ʒi, Flowers of Colts-foot, lesser  
Comfry, Violets, Arch-angel ana  
ʒß, Annise, sweet Fennel, and Cot-  
ton-seeds ana ʒij, Raisins, Sugar-  
candy, ana ʒiiij, Figs, Dates, ana  
N<sup>o</sup> vij, Sebastens, Jujebes, ana N<sup>o</sup> xi,  
boil them cut and bruised in ℥vij of  
Hydromel, to the Consumption of  
a third Part; let the strained Liquor  
when clarified, be aromatised with

Q

Ginger

Ginger  $\mathfrak{z}\text{iv}$ , Cinnamon  $\mathfrak{z}\text{i}$ , and Saffron  $\mathfrak{z}\text{i}$ , so as to make a Decoction.

Decoctions of this kind are every where described by Physicians in their Writings ; but because they agree not with the Palate by reason of the variety of their Flavors, whence they lessen or destroy the Appetite, so that they cannot be continued long without Intermissions, and methodically, I the rather chuse to medicate the Drink with more grateful Remedies, and which they may use instead of ordinary Beer.

*The first Diet Drink.*

Take Sassafras finely chipped  $\mathfrak{z}\text{x}$ , stoned Raisins  $\mathfrak{t}\mathfrak{i}\mathfrak{i}\mathfrak{s}$ , fat Figs  $\mathfrak{t}\mathfrak{i}\mathfrak{i}\mathfrak{s}$ , Leaves of the *Jerusalem* Oak, Ground-Ivy ana  $\mathfrak{M}\mathfrak{i}\mathfrak{j}$ , Fir Tops  $\mathfrak{M}\mathfrak{i}\mathfrak{i}\mathfrak{j}$ , Flowers of Sage and Betony ana  $\mathfrak{M}\mathfrak{j}$ , Seeds of Annise, Fennel, and Coriander ana  $\mathfrak{z}\mathfrak{i}\mathfrak{i}\mathfrak{j}$  ; boil the Chips in six Gallons of unhopped Wort, and then let the rest  
of

of the Ingredients steep in it while it ferments, and after five Days settling, let it be tapped for Use.

*Second Diet Drink.*

Take of the Lentiscus and Sassafras Wood ana  $\mathfrak{z}\text{iss}$ , Roots of the greater Burdock, and Avens ana  $\mathfrak{z}\text{iss}$ , Leaves of Mouse-ear, Meadow-sweet, and spotted Lung-wort ana  $\text{Mj}$ , tops of Fir  $\text{Mij}$ , Flowers of Scabius, Colts-foot, and *Archangel* ana  $\text{Mss}$ , Ginger sliced  $\mathfrak{z}\text{iss}$ , Nutmegs  $\mathfrak{z}\text{i}$ , sliced Liquorice  $\mathfrak{z}\text{ij}$ , Currants washed and bruised  $\mathfrak{z}\text{iiij}$ ; let them be boiled in six Gallons of Wort, as before.

*Third Diet Drink.*

Take Sarsaparilla, *Brasil*  $\mathfrak{z}\text{vj}$ , Wood and the inner Oak Bark ana  $\mathfrak{z}\text{iiij}$ , Roots of Eringo and Comfrey ana  $\mathfrak{z}\text{iss}$ , stoned Raisins  $\mathfrak{z}\text{ix}$ , Leaves of Tormentile, Speedwell, and Ladies Mantle ana  $\text{Mj}$ , *Rosa solis* Tops, Flowers of St. *John's* Wort, and Marsh-



mallows ana M $\mathfrak{s}$ , the Peels of Pistachio Nuts M $\mathfrak{s}$ , Coriander-seeds  $\mathfrak{z}\mathfrak{i}\mathfrak{s}$ ; make a Drink in the same manner as above.

*Fourth Diet Drink.*

Take of sound China Root  $\mathfrak{z}\mathfrak{i}\mathfrak{s}$ , Scorzonera Roots  $\mathfrak{z}\mathfrak{i}\mathfrak{i}\mathfrak{j}$ , Currants  $\mathfrak{t}\mathfrak{b}\mathfrak{s}$ , Anniseeds bruised  $\mathfrak{z}\mathfrak{i}\mathfrak{s}$ ; boil them in three Gallons of Wort, and after due Depuration, draw it for Use.

*First Evaporation.*

Take Elicampane Root  $\mathfrak{z}\mathfrak{i}\mathfrak{v}$ , Sweet-cane  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , Leaves of Hyssop, Ground-Ivy ana Mij, Tops of Jerusalem Oak, Rosemary and Bawm ana Mj, bruised Anniseeds  $\mathfrak{z}\mathfrak{i}\mathfrak{v}$ , Raisins stoned  $\mathfrak{z}\mathfrak{i}\mathfrak{x}$ , boil in a sufficient Quantity of Hyssop, or common Water.

*Second Evaporation.*

Take of Liquorice  $\mathfrak{z}\mathfrak{v}$ , Leaves of Colts-foot, Sage, Marsh-mallows, Lung-wort, and Scabius ana Mij,  
tops

tops of Marjoram and Betony Flowers ana Mj, Barley washed ℥i, Annise and Fenugreek Seeds bruised ana ℥iij, boil in a sufficient Quantity of Water.

*Third Evaporation.*

Take of the Lentiscus Wood rasped ℥iij, boil it about two Hours, and then put in Oak Buds Mij, Myrtle and Tormentile ana Mij, Wall-flowers Mj, of St. John's Wort ℞, red Roses and Comfry ana ℞, boil in a sufficient Quantity of Water, as above directed.

*Fumigation I.*

Take Root of Colts-foot ℥i℞, Frankincense, Seeds of Night-shade ana ℥℞, Turpentine boiled to a dryness and powdered ℥iij, Satyrion ℥i℞, Cinnamon ℥℞, make into a Powder, or into Troches with the Mucelage of Marsh-mallows and Linseed.

*Fumigation 2.*

Take of Tormentile Root  $\text{ʒi}$ , Gum *Guaicum*  $\text{ʒij}$ , Myrtle  $\text{ʒij}$ , Amber, Benjamin ana  $\text{ʒi}$ , red Roses, and red Saunders ana  $\text{ʒʒ}$ , and make them into Troches with a sufficient Quantity of Turpentine.

*Fumigation 3.*

Take Sarcocolla  $\text{ʒvi}$ , Bole *Armen.*  $\text{ʒiiij}$ , Gum Ivy  $\text{ʒij}$ , Mastich, Balauſtines ana  $\text{ʒi}$ , Ambergrease gr. v, and make them into Troches with the Mucelage of Gum Tragacanth.

*Fumigation 4.*

Take Orpiment of a reddish Colour  $\text{ʒiv}$ , and let it be reduced to a fine Powder upon a Marble, and then put it into cold Water for forty Days, towards the End adding some Rose-water, after which with the White of an Egg bring it into a due Consistence, adding a third part of the Species before-mentioned at the time of using it.

*Inſtru-*



*Instruments to use these Fumigations.*

*Fig. 1.* is a Vessel made of Lead, for the Reception of Steams. A 1. the Vessel itself. B its Orifice, and C its Neck. The Use of this Vessel is to hold any medicated Decoction, that the Patient may receive the warm Steams of it into his Lungs, having his Head covered with a Flannel, which also must be tied round the top of the Vessel, to prevent any escape of the Steams.

An Instrument made of Wood, hollow, and of a Conic Figure, fitted for the Conveyance of dry Steams. A 2 A 2 A 2 in *Fig. 2* is the whole Instrument consisting of both its Parts shut up. B is the Orifice through which the Vapours are to be drawn into the Lungs. C *Fig. 3.* is the outer Part, or Cover of the Instrument. D is its external conick Shape: E *Fig. 4,* is

its lower Part, or external Base. F *Fig. 3* is the hollow or inner Part of the Bottom. G *Fig. 4* is a Tin Plate at the Bottom, upon which some live Coals are to be laid, and upon those Coals the Matter to be exhaled. H H H H *Fig. 4* are Iron Pegs, by which the Plate is fastened to the Bottom of the Instrument.

*Remedies to mend the Blood, and which have a Respect to Blood-spitting, that may be introduced on Occasion.*

*Quercetan's Water against Blood-spitting.*

Take Roots of Bistort, the greater Comfrey and Tormentile ana  $\text{ʒj}$ , Leaves of Knot-grass, Yarrow, Speedwell, Sanicle, and Shepherds Pouch, with their Roots ana  $\text{Mj}$ , tops of Bramble and Lentiscus, ana  
 Ms,

℞, *Sumach*, Myrtle, Barberries, and Bay-berries, and white Poppy-seeds ana ʒvj, Flowers of white Lillies, Gourd, and Quince-seeds ana P. i. when they are bruised and mixed together, let them be macerated four Days with a Bath-Heat in the depurated Juices of Plantain, Purslain, Sorrel, and Agrimony ana ℥ij, and then press out the Liquor: Then add Acacia and Hypocistis ana ʒij, Sealed Earth, and *Armenian Bole* ana ʒ℞, Electuar. Diatrag. frig. ʒij, and let them be again steeped for four Days; after which distil with a Sand-heat to a Driness. Its Dose is from one to three Spoonfuls.

*Another efficacious Water, more easy to be prepared.*

Take *Armenian Bole*, Sealed Earth, Spodium, Blood-stone, and red Roses ana ʒv, Coral, Amber, Pearls ana ʒij, Gum *Arabick* and Dragon  
ana



ana  $\text{ziii}\text{s}$ , Seeds of White Poppies, Purflain, Plantain, Mallows, and burnt Harts-horn ana  $\text{zij}$ , Juice of Acacia, Liquorice, Plantain, Sorrel, Purflain, and Hypocistis ana  $\text{℥ss}$ , roasted Starch  $\text{ziii}\text{j}$ , Olibanum  $\text{zij}$ , Mastich  $\text{℥ss}$ , Species Diatrag. frig.  $\text{zis}$ ; digest and distill. The Dose from one to three Spoonfuls.

*Dornerius's Pectoral Water.*

Take Roots of Liquorice  $\text{℥ss}$ , Colts-foot and Polypody of the Oak  $\text{ziii}\text{j}$ , Leaves of Maiden-hair and Speedwel ana  $\text{Mij}$ , Hore-hound and Scabius ana  $\text{Mj}$ , Seeds of Mallows and Quinces ana  $\text{zvi}$ , of the four cold Seeds  $\text{zis}$ , White Poppy-seeds  $\text{ziii}$ , Purflain and Endive ana  $\text{zi}$ , Flowers of Violets, Burrage, and white Lillies ana  $\text{Mj}$ , Bugloss and Roses ana  $\text{Mss}$ , Jubebs and Sebestens ana  $\text{N}^{\circ}\text{xxi}$ , Dates stoned  $\text{N}^{\circ}\text{ix}$ ; powder those things which are to be powdered very fine, let the rest be  
cut,

cut, intimately mixed, and infused in Colts-foot and Violet Water ana ℥iiss, Water of Scabius and Hore-hound ana ℥j, of Hyssop and Speedwel ana ℥ss, adding the Honey of Raisins ℥iiij, Syrup of the Juice of Violets ℥v, let them be mixed and macerated in a warm Place for eight Days, letting the Vessel be shaken every Day, and then be distilled in a gentle Bath-heat. Its Dose is to ℥iiij, with ℥ss of Syrup of Violets, or fine Sugar-candy.

*Gesner's Cooling Water.*

Take Flowers of red Roses and Violets ana Miiij, Burrage, Bugloss, and white Lillies ana Mj, Seeds of the Gourd and Cucumber ana ℥i, of Purslain, Lettice, white and black Poppy ana ℥ss, Leaves of Betony Mij, Root of Cichory Mj, Avens ℥ii, Spring-water ℥iv, infuse them for some Hours, then distil by a Bath-heat.

Quer-

*Quercetan's Hypnotick Water.*

Take of the four cold Seeds husked ana  $\text{ʒii}$ , Seeds of white Poppies  $\text{ʒss}$ , Lettice  $\text{ʒiv}$ , Henbane  $\text{ʒii}$ , Flowers of Water-lillies, Violets, red Roses and Field Poppies ana  $\text{P. iv}$ , Elder Flowers and tops of Rue ana  $\text{P. ii}$ . Mace, Nutmeg, Benjamin ana  $\text{ʒvi}$ , bruise and infuse them for four Days in the Waters of Roses, Lettice, Water-lillies, and Field Poppies ana  $\text{ʒii}$ , then strain and press out hard the Liquor, to which add *Nicolaus's* Opiate  $\text{ʒss}$ , Saffron and Mummy ana  $\text{ʒiii}$ , Camphire and Castor ana  $\text{ʒi}$ ; let them be distilled according to the Rules of Art. The Dose is  $\text{ʒii}$  at the Hour of going to Bed.

*Adrian Mynsicht's Tincture of red Poppies.*

Take Conserve of red Poppy Flowers, and of the same Flowers sprinkled with Spirit of Vitriol  $\text{ʒi}$ ,  
mix



mix them, and with a distill'd Water from the same Flowers  $\text{℥xxx}$ , draw a deep Tincture, which afterwards, filter and sweeten with the Syrup of the Juice of red Poppies a little vitrolated, and keep it for Use. The Dose is from  $\text{℥ss}$  to  $\text{℥ii}$ , taken either by itself, or in any proper Vehicles.

Faber's *Quintessence of Iron.*

Pour upon a hot Bar of Iron, very sharp Vinegar, until it is quite extinguished, then heat it again, and again extinguish it with the same; and repeat this seven times, until the Iron is converted into a very red *Crocus*; then putting it into a Vial with a long Neck, pour upon it a good Quantity of the sharpest distilled Vinegar, so that it stands above the *Crocus* seven or eight Fingers; and the whole Vial, well stopped, is to be covered in an Ash-Heat for a gentle Digestion

ftion during one Month, taking Care that the vial be often fhaked every Day, until the Vinegar receives a red Colour. The tinged Vinegar is to be poured off by Inclination into another new Glafs Veffel, and diftilled Vinegar again put upon the *Refiduum*, which muft be alfo digefted in hot Afhes until it be tinged ; this muft be poured off as before and joined to the former ; but the remaining *Magma* this time muft be again calcined and quenched as before, until it is reduced into a *Crocus*. To this in a vial put diftilled Vinegar, and digeft again till it is tinged ; and let this be repeated as long as the Vinegar will take up any Colour : But when it will change no longer, all the Vinegar is to be diftilled together by a moderate Bath-heat, until what remains at the Bottom be of the  
 Con-

Consistence of Honey. Upon this must be poured rectified Spirit of Wine, wholly discharged of its Phlegm, and they must be digested together in a gentle Warmth until all the *Magma* is dissolved. This tinged Spirit must be poured off clear, to what *Residuum* stays behind fresh Spirit added, and the Digestion repeated until nothing remains, and the Spirit receives no Tincture. All this tinged Spirit must be gently distilled by a Retort, until it all comes over; then the Fire is to be encreased, and an Oil drawn from the Iron by a strong Heat, which will be very red, and is to be rectified three or four times; and the remainder after every Distillation is to be gathered together, and burnt until it turns white. From hence then may be drawn, by Lotion and Evaporation,

I

ration,



ration, a white Salt, which Salt, when neat and pure, must be added to the rectified Oil, and kept in glass Vials close stopped. The Dose is to a Scruple at a time.

Faber's *Quintessence of the Load-*  
*stone.* To be used

Take of the Essence of Iron before described, in order to procure a perfect and pure Essence of the Load-stone, and into the said Essence neat and clear, put the powdered Load-stone, which digest in a Viol with a long Neck well stopped for fifteen Days in a moderate Bath-heat : Afterwards put these Materials into a Retort well luted, and distil in Sand, observing the Degrees of Fire, that the first be moderate, the next midling, and the last very intense. The *Caput Mortuum* at the bottom of the Retort is to be taken out, after Distillation,

tion, by breaking the Vessel, and to be powdered and calcined by a strong Fire for a whole Day together; then it is to be dissolved in the strongest and sharpest Vinegar, so that the Salt may be extracted, which by many Lotions and Evaporations must be brought up to the utmost Whiteness, so as to give the brightest Red to a future Tincture, and be more easily dissolved. This Salt is at last to be put to the Essence of Iron, impregnated with the Spirit of the Loadstone, and is to be digested for three or four Days in a warm Bath, wherein must be drawn over all that will rise, and the *Residuum* kept over a gentle Heat till it is all fixed, so that nothing will farther rise by the most intense Heat, but remain in the bottom of the Retort, fused and liquid like melted Salt-Petre, which Hu-

R                      midity

midity is so entangled in itself that no Fire can separate it, until it immediately be thrown upon the Coals. This Secret is to be preserved as the most miraculous Cure of Ulcers, and for stopping all Fluxes of Blood, as is attested by Experience. Its Dose is to gr. x. in any convenient Vehicle.

Hartman's *Tincture of Coral*.

Let whole pieces of Coral be calcined in a Reverberatory Fire, first gentle, that the Flame may penetrate into the minute earthy Pores, and reach every Superficies of Coral; by this means at the first it will appear white, and lose its native Colour; but in the following Degrees of Fire it will be so acted upon as to change yellow, and then into a deep red, and for the most part rendered spongy and light; all which is brought about in two or three Days.

While



While therefore this last Change is in expectation, and the Coral is by means of the Fire rendred fit to yield its Tincture, it is to be thrown immediately into its *Menstruum*; by which means it will, of its own accord, in a short time open itself either in Spirit of Wine rectified, or that of *May Dew*. And if last of all a little of such Tincture is wasted by Distillation, the Remainder will be much heightened in Colour, and be of a sweetish Taste. It is given in convenient Vehicles from three to ten Drops. Or,

Take of the most refined Sugar and of the Fragments of Coral ana *q. s.* and let them be distilled in a Retort side-ways, and there will come a very deep, red Tincture, which may be given from ten to twenty Drops in any suitable Liquor.

Dornerius's *Tincture of red Roses.*

Take of red Roses  $\text{ziss}$ , Rose-water  $\text{zxxx}$ , let them digest together some Days, and afterwards add Spirit of Vitriol  $\text{ziss}$ , and a sufficient Quantity of the *Julapium Rosatum* to sweeten it.

Sala's *Tincture of Roses,*

Take of dried Roses cut very small  $\text{zij}$ , boil them in a pint of clear Water, which will be sufficiently tinged with them, and straining it into a Vial, put to it  $\text{xx}$  Drops of Spirit of Vitriol, and shake them together. This Decoction or Water will be of a deep red Colour, and for the more Palatableness the Spirit of Vitriol may be encreased in Quantity.

Quercetan's *Decoction against Heat and Thinness of Blood.*

Take of the Roots of Sorrel, Cichory, and Bugloss, ana  $\text{zj}$ , Jujeb's N<sup>o</sup> vi, Leaves of Endive, Purslain,

Purflain, Lettice and Sorrel ana Mj, Seeds of Dodder, Cucumber, Melons, Lettice, Flea-wort, Quinces, and white Poppies ana  $\text{ʒ}\beta$ , Flowers of Violets, Water-Lillies ana P. ij, Gum *Arabick* and Dragon ana  $\text{ʒij}$ , make of these a Decoction, in which may be mixed Syrup of Poppies, Water-Lillies, Violets, dried Roses, and Quinces, a sufficient Quantity.

Mindererus's *Solutive Syrup of Manna.*

Take of the Pulp of Tamarinds  $\text{ʒij}$ , Jujubs, Sebestians ana N<sup>o</sup> xx, *Damascus* Prunes, fat Figs ana N<sup>o</sup> x, whole Barley M $\beta$ , Polypody of the Oak  $\text{ʒiv}\beta$ , Fennel-seed  $\text{ʒij}$ , Spring-water  $\text{ʒvij}$ , boil to  $\text{ʒv}$ , and in the strained Liquor infuse warm for a whole Night Sena  $\text{ʒij}$ , Troches of Agarick and Rhubarb ana  $\text{ʒiij}$ , to the expressed Liquor add *Calabrian* Manna, and Honey of Roses ana

R 3  $\text{ʒiij}$ ,



℥iij, fine Sugar ℥xvi, and make into a Syrup, which aromatize with ℥ij of Cinnamon.

*Faber's Syrup of Birth-wort.*

Let the fresh Roots of Birth-wort bruised, be digested for three or four Hours in a sufficient Quantity of Spirit of Wine, to cover them four or six fingers high, over warm Ashes, in a close stopped Glass Vessel ; when the Spirit is tinged red, pour it off by Inclination, and put on fresh Spirit till all the Tincture is drawn : This afterwards is to be distilled in a Bath-heat, so that the Spirit may be brought over, and the Tincture remain at the bottom, of the Consistence of Honey, which must be boiled into a Syrup with a sufficient Quantity of Sugar. To this also may its Salt be added, and kept for many medicinal Purposes. And for greater Efficacy a Spirit  
may

may be drawn from the fermented Juice of Birth-wort itself, and after it is dephlegmated, added to this Syrup, that is, ʒj of Spirit to every Pound of Syrup. The Dose of this is ʒʒ with a poached Egg.

*Sala's Effence of the Roots of Marsh-mallows.*

Take of Marsh-mallow Roots dried and sliced, and pour upon them in a glazed Pan ℥iv of hot Marsh-mallow Water; let them stand together a whole Night without stirring, and the next Day pour off the clear Liquor through a Sieve without Expression, and evaporate it in the usual manner over a gentle Heat to a Consistence. This same Method is the best, with the Roots of Comfry also, and all like mucelaginous Substances: But because an Effence of this kind soon decays, Care is to be used to make it as

near as can be to the Occasion for its Use.

*Sala's Mixture of Marsh-mallows.*

Take of the Essence of Marsh-mallow Roots, Comfry, Violets, and Blew-bottle ana  $\text{ʒi}$ , Liqueurice  $\text{ʒss}$ , Essence of the white Poppy Shells  $\text{ʒij}$ , Essence of Jujubs  $\text{ʒiv}$ , Powders of Gum Dragon and Arabick ana  $\text{ʒij}$ . The Dose is from  $\text{ʒss}$  to  $\text{ʒi}$ .

*Sala's Mixture of Myrtles.*

Take of the Essence of the Myrtle Fruit extracted with Plantain or Shepherd's-Pouch Water  $\text{ʒij}$ , Essence of red Roses  $\text{ʒi}$ , Acacia  $\text{ʒij}$ , Essence of Quinces  $\text{ʒiiij}$   $\text{ʒii}$ , mix them together. The Dose  $\text{ʒss}$ .

*Sala's Essence of Quinces.*

Take choice and ripe Quinces with their Rinds, cut into thin long Slices, any Quantity, and throwing aside their Seeds, put them



them into a Crucible, and pouring upon them enough of Rose-water to stand above them, and letting them stand close covered in a Bath-heat, till they grow soft. Hereby the Rose-water that is a little tinged, must be separated, and the rest gently pressed through a Strainer, both which must be evaporated and thickned over such a gentle Heat as will not occasion an *Empyreuma*, and it will produce a most grateful and beautiful Essence.

Quercetans's *Extract of Comfry.*

Take of the greater and lesser Comfry Roots well cleaned, and beat them in a marble Mortar with a wooden Pestle, till they are reduced to a Pulp; to every ℥iv of which put ℥i of the Crumb of *Rie* or wheaten Bread, all which must be well mixed together, and being moistned with some White-  
wine

wine put into a Matrafs with a long Neck, and stopped so with a Cork or Wax, that nothing can exhale. Place this Matrafs in hot Dung, which the Chymists call the *Horse's Belly*, or in a Vapour-Bath, until the Matter is reduced into a kind of Chyle of a red or blood Colour. Then it must be strongly forced thro' a Strainer by a Press, and the Expression be again put upon a Vapour-heat: In this second Digestion it will acquire still a higher red, and deposite some Fæculencies towards the Bottom ; and this Digestion and Depuration must be continued until the Matter becomes very clear and deep coloured. This clear Liquor must be separated by an Alembick in a Vapour-heat, and there will remain at the Bottom a deep red Extract, which is a most excellent Remedy against Ruptures and all internal Ulcers.

Its

Its Dose is ʒi in any convenient Liqueur.

*The Author's Extract of Cole-worts.*

Take of the Leaves of Strawberries, Cinquefoil, Pimpinel, Horse-tail, Cetrach and Comfry ana Mj, boil them in a Decoction of Cole-worts to the Consistence of Honey; and keep the strained Liqueur for Use.

*Adrian Myus's Troches of Poppies.*

Take Penidies ʒij, white Poppy-seeds ʒß, Seeds of Melons and Gourd husked ana ʒij, Juice of Liquorice, *Armenian* Bole, and Flowers of Sulphur ana ʒiß, Extract of red Poppies ʒß, mix them and make them into Troches with a sufficient Quantity of the Mucilage of Quince-seeds extracted with red Poppy Water..

*Scaliger's Powder against Blood-spitting.*

Take of *Armenian* Bole, Sealed Earth,



Earth, Spodium, Blood-stone and red Roses, ana ʒv, red Coral, Carabe, Pearls, Gum *Arabick* and Dragon ana ʒij, Seeds of white Poppies, Purslain, Mallows, Plantain, burnt Hart's-horn, Acacia, and Juice of Liquorice ana ʒij, make them into a Powder.

*F I N I S.*



Fig. 1.

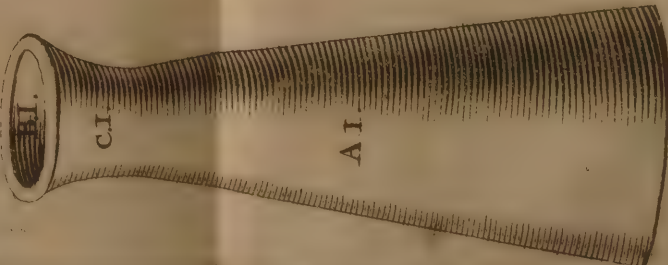


Fig. 2.

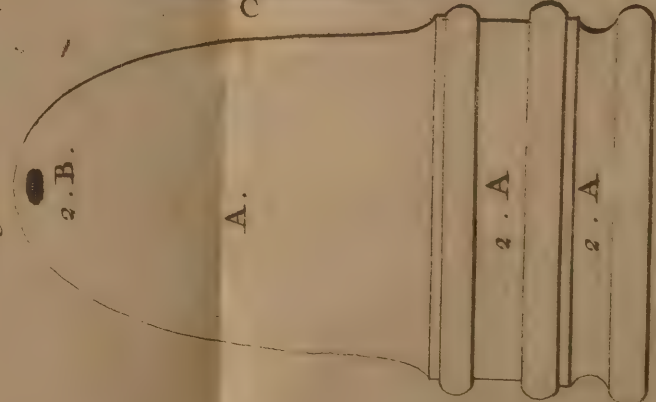


Fig. 3.

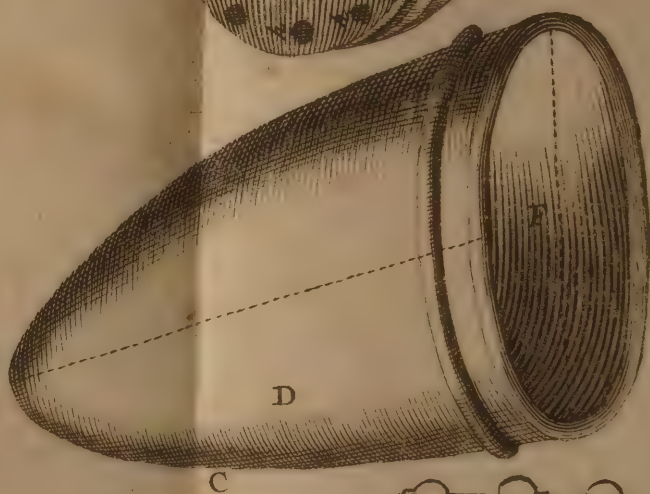
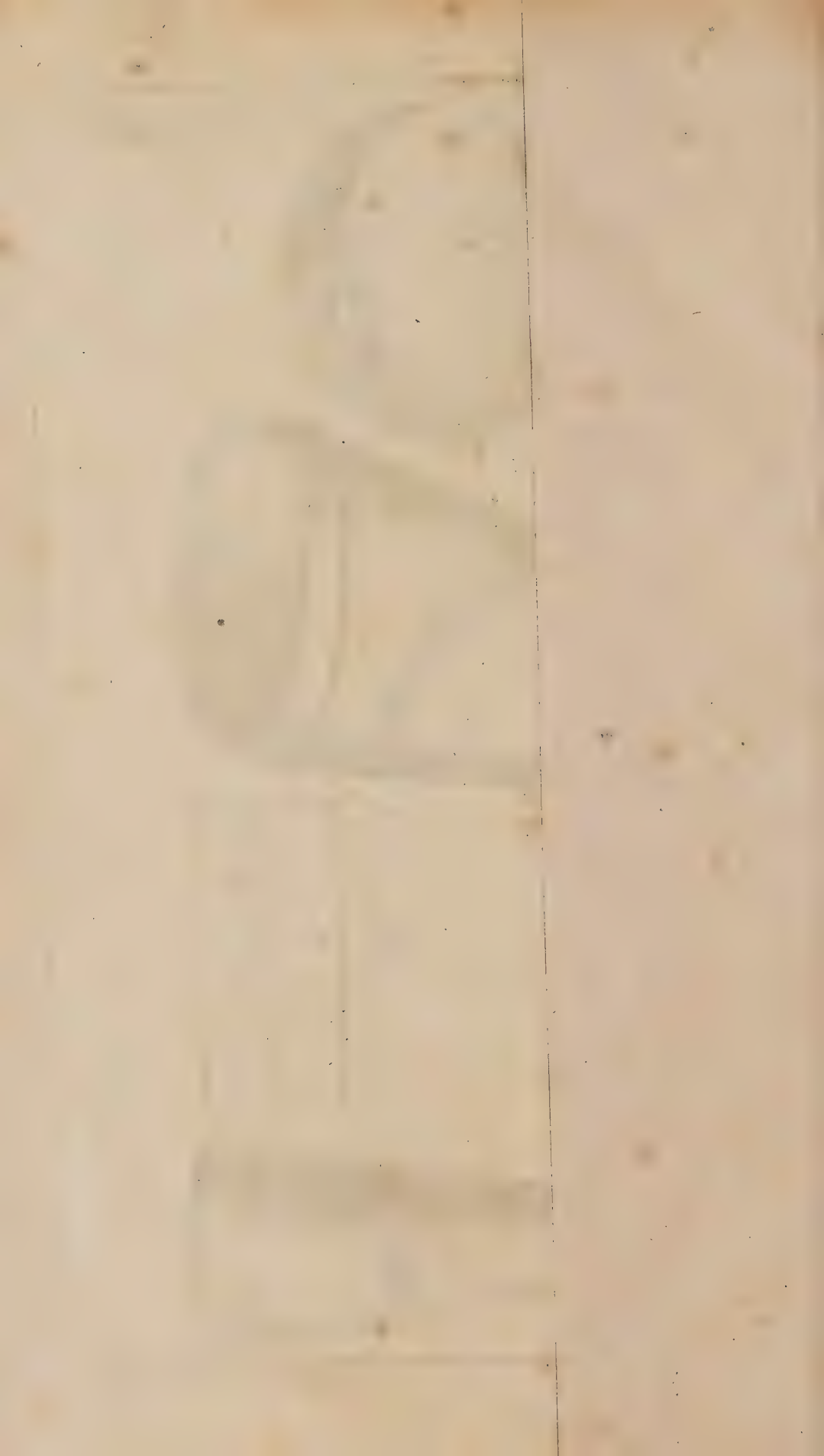


Fig. 4.



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